



EMPOWERING
BLIND
CHILDREN
YOUNG ADULTS

Kindness Bingo



Ask someone new to play at break time	Hold the door open for someone	Write a kind note to your mum or dad	Let your brother or sister play with one of your toys	Give someone a compliment
Leave a kind note in a library book	Clean up your room without being asked	Smile at someone that walks past you in the street	Create a picture and give it to a friend or neighbour	Give a hug to each member of your family
Choose an area to pick up litter	Tell your parents you love them		Tell a joke	Write a kind note to your teacher
Say thank you to the bus driver and lunch ladies	Teach someone something new	Compliment a stranger	Put your plate in the dishwasher after eating	Call your Grandma or Grandad just to say hi
Donate clothes you have outgrown	Write a kind note to a classmate	Put every item you use in the recycling bin	Listen to a friend's story without telling your own	Give high-5's today!