

KINDNESS IN ACTION BINGO

Complete any activities on your Kindness in Action Bingo Card then submit the [Total Wellbeing On-Demand Submission Form](#) to earn up to 20 Wellbeing Tickets!

SMILE AT A
STRANGER

☐

SURPRISE
GIFT FOR
FRIEND

☐

WRITE A
POSITIVE NOTE
TO YOURSELF

☐

CLEAN A
MESS THAT IS
NOT YOURS

☐

BAKE
TREATS FOR A
NEIGHBOR

☐

HOLD DOOR
OPEN FOR
SOMEONE

☐

CHOOSE
YOUR OWN
ACT OF
KINDNESS

☐

DONATE TO
THE SERCO
PEOPLE FUND

☐

SAY HELLO TO
A NEIGHBOR

☐

LEAVE
MONEY AT
VENDING
MACHINE

☐

SUPPORT A
LOCAL SMALL
BUSINESS

☐

COMPLIMENT
THE FIRST
PERSON YOU
SEE TODAY

☐

OFFER TO
COOK FOR
FAMILY OR
FRIEND

☐

DONATE
UNUSED
ITEMS

☐

SEND A
POSITIVE TEXT
TO FRIEND OR
FAMILY

☐

LEAVE NOTE
OR TREAT FOR
DELIVERY
WORKERS

☐

PICK
UP LITTER

☐

PAY IT
BACKWARDS:
PAY FOR ITEM
FOR PERSON
BEHIND YOU

☐

CHOOSE
YOUR OWN
ACT OF
KINDNESS

☐

SLOW DOWN
TO LET DRIVER
MERGE INTO
YOUR LANE

☐

HELP
COLLEAGUE
WITH A TASK

☐

LET SOMEONE
GO IN FRONT
OF YOU IN
LINE

☐

LEAVE A
GENEROUS
TIP

☐

PRACTICE
SELF-KINDNESS:
DO SOMETHING
YOU LOVE

☐