

RANDOM ACTS OF KINDNESS FOR KIDS

BINGO

Submit your finished sheet and receive an ice cream coupon compliments of



United Way of the Greater Capital Region

#518Day



Submit your sheet: 518Day@unitedwaygcr.org

UNITEDWAYGCR.ORG/518DAY



HOLD THE DOOR OPEN FOR SOMEONE	GIVE SOMEONE YOUR BEST SMILE	HELP A FRIEND STUDY FOR A TEST	MAKE A TEACHER A HOMEMADE CARD	COMPLIMENT 5 PEOPLE IN ONE DAY
GIVE YOUR PARENTS A BIG HUG	PICK UP TRASH WITHOUT BEING ASKED	TELL SOMEONE YOU LOVE THEM	SIT WITH A NEW FRIEND AT LUNCH	LET A SIBLING OR FRIEND GO FIRST
SHARE!	READ TO A SIBLING OR FRIEND		CREATE YOUR OWN ACT OF KINDNESS _____	TELL SOMEONE A FUNNY JOKE
OFFER HELP TO SOMEONE	SAY 'THANK YOU' TO SOMEONE WHO HELPED YOU		GET AT LEAST 30 MINUTES OF EXERCISE	THANK AN ESSENTIAL WORKER FOR THEIR SERVICE TO THE COMMUNITY (VETERAN, FIREFIGHTER, TEACHER, POLICE OFFICER, ETC.)
WRITE A HAPPY NOTE TO YOURSELF	THANK A CUSTODIAN FOR TAKING CARE OF YOUR SCHOOL	CLEAN UP AFTER YOURSELF AND OTHERS	ASK SOMEONE THEIR FAVORITE PART ABOUT	HELP WITH AN EXTRA CHORE