

GIVING BACK BINGO

See if you can complete Giving Back Bingo by doing all these thoughtful and kind activities!

The white squares are free spaces to come up with your own ideas...

Help someone around the house	Write down three things you are grateful for	Sort through some clothes/toys to donate	Wave to a neighbour
Make a phone call to a relative and say hello	Do some exercise with a family member	Send a thank you message to a friend or family member	
Make a card for a relative/friend and send it to them		Write to each member of your family about what you admire about them	Read to someone
Send a note to your neighbour checking that they are ok	Write a positive note to yourself	Bake something delicious to share with your family	Help someone older/younger than you