

Created by Healthy  
Campus Alberta

winter 2022

# kindness bingo

<b>Yourself</b> Sing along to your favourite song out loud	<b>Others</b> Thank someone who made a difference in your life	<b>Yourself</b> Tidy your desk space	<b>Others</b> Bring a favourite food or snack to someone who needs it	<b>Yourself</b> Allow 15 minutes to journal with no other distractions
<b>Others</b> Donate something you don't need anymore	<b>Yourself</b> Spend 15 minutes on your favourite creative activity	<b>Others</b> Do a small chore out of the ordinary for your neighbour or someone who lives with you	<b>Yourself</b> Treat yourself to your favourite warm beverage	<b>Yourself</b> Do a 10-15 minute <u>breathing</u> , <u>mindfulness</u> , or <u>meditation session</u>
<b>Others</b> Leave a kind or encouraging note to someone in your life	<b>Yourself</b> Take 15 minutes to go outdoors and get fresh air	CREATE YOUR OWN! ----- ----- ----- -----	<b>Yourself</b> Tech break! Allow 30 minutes without your devices	<b>Others</b> Hold a door open for someone
<b>Others</b> Leave a sticky note with an encouraging message in a random place	<b>Others</b> Give a sincere thank-you to a stranger or employee who helped you	<b>Yourself</b> Move your body for 30 minutes!	<b>Others</b> Smile at someone new or a stranger	<b>Yourself</b> Try a new <u>sleep hygiene practice</u>
<b>Yourself</b> Treat yourself to a favourite meal	<b>Yourself</b> Write a kind letter to yourself to open 3 months from now	<b>Others</b> Give a " <u>non-appearance</u> " <u>based compliment</u> to someone close	<b>Yourself</b> Complete a <u>guided self-compassion exercise</u>	<b>Others</b> Give back to your community, e.g., volunteer, donate to a cause, or connect with a neighbour/peer

keep track of your acts of kindness

try to complete 2 per week

share with the team in april!

your most fulfilling act of kindness: \_\_\_\_\_

your most challenging act of kindness: \_\_\_\_\_

did this activity support your wellness? explain. \_\_\_\_\_

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winter 2022

# kindness bingo

each month, explore a resource about kindness  
each month, reflect with the team about your experience  
complete another act of kindness? record it here!

## January

resource: <https://greatergood.berkeley.edu/>

did this activity support your wellness? explain. \_\_\_\_\_

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## February

resource: <https://youtu.be/y0gtnOXAp-U>

did this activity support your wellness? explain. \_\_\_\_\_

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## March

resource: <https://player.fm/series/the-podclass/promoting-empathy-and-kindness-at-school-with-krista-dumba>

did this activity support your wellness? explain. \_\_\_\_\_

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## April

resource: <https://youtu.be/eiEMVA8AIJw>

did this activity support your wellness? explain. \_\_\_\_\_

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## Other Acts of Kindness

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