


NAME _____

kindness BINGO

SCHEDULE A MEETING OUTSIDE, MAYBE A WALKING MEETING	INVITE SOMEONE WHO IS EATING ALONE TO JOIN YOU	RECOGNIZE A COWORKER PUBLICLY WHOSE HELPED YOU RECENTLY	WRITE A POSITIVE NOTE TO YOURSELF FOR INSPIRATION	SPEND TIME HELPING A COWORKER RESOLVE A PROBLEM
WELCOME A NEW TEAM MEMBER IN AN UNEXPECTED WAY	ASK "HOW ARE YOU DOING?" LISTEN INTENTLY	LEARN SOMETHING NEW ABOUT SOMEONE FROM A DIFFERENT DEPT	DO AN ACT OF SELF-CARE AT WORK	COMPLIMENT SOMEONE
POST AN AFFIRMATION FOR YOURSELF IN YOUR WORKSPACE	SHARE ONE THING YOU ARE GRATEFUL FOR WITH A COWORKER		MAKE A COWORKER LAUGH	SMILE AND SAY HI TO SOMEONE YOU STRUGGLE WITH
TELL A PEER WHAT THEY'VE TAUGHT YOU	DO SOMETHING TO SURPRISE AND DELIGHT A COWORKER	PLAN A DAY OFF AS AN ACT OF SELF CARE	SAY HELLO TO SOMEONE YOU DON'T KNOW	SHARE A POSITIVE COMPANY STORY WITH A COWORKER
DON'T COMPLAIN ABOUT ANYTHING OR ANYONE - ALL DAY!	WRITE A NOTE OF APPRECIATION FOR A COWORKER	HELP SOMEONE BUSY. ASK "HOW CAN I SUPPORT YOU TODAY?"	CHANGE YOUR EMAIL SIGN-OFF TO "BE KIND" OR "IN KINDNESS"	HELP SOMEONE BEFORE BEING ASKED