

# KINDNESS

Bingo

Being kind to people, animals and nature makes the world a better place.  
It helps others and makes you feel good too.  
See how many squares on the Bingo card you can check off. ✓

 <p>Make a bird window decal to prevent birds hitting the glass</p>	 <p>Create something new from recyclables</p>	 <p>Make sure no one is left out in a game or activity</p>	 <p>Read a book for your own enjoyment</p>	 <p>Share with a friend or sibling</p>
 <p>Find out what's cool about animals some people find "creepy"</p>	 <p>Make toys or treats for your pets or your local animal shelter</p>	 <p>Do a chore without being asked</p>	 <p>Research an animal issue (and share what you learn)</p>	 <p>Avoid single-use plastics</p>
 <p>Bake cookies for a friend</p>	 <p>Spend extra time playing with your pet</p>	 <p>Come up with your own kind act!</p>	 <p>Give someone a compliment</p>	 <p>Trade toys and books instead of buying new</p>
 <p>Plant a tree or a garden</p>	 <p>Walk or ride your bike to school</p>	 <p>Recycle cans and bottles, then donate the refund</p>	 <p>Share <a href="https://spca.bc.ca/adopt">spca.bc.ca/adopt</a> to help animals find homes</p>	 <p>Go meatless one or more meals a week</p>
 <p>Do one thing to make your pet's life better today</p>	 <p>Make a thank you card for a community helper</p>	 <p>Get out in nature</p>	 <p>Move worms from the sidewalk to the grass or soil</p>	 <p>Name three things you love about yourself</p>