

Be in the Moment

Be Present. Be Well.

KINDNESS Bingo

TAKE TIME TO DO YOUR FAVORITE HOBBY	DONATE SOMETHING (FOOD, CLOTHING, MONEY)	COMPLIMENT A COWORKER	WRITE A THANK YOU NOTE FOR SOMEONE	BE KIND TO YOURSELF AND GET 8 HOURS OF SLEEP
TELL SOMEONE THAT YOU ARE THANKFUL FOR THEM	BRING A TREAT TO A NEIGHBOR OR HELP THEM WITH SOMETHING	SUPPORT A SMALL BUSINESS	HOLD A DOOR OPEN FOR SOMEONE	TELL SOMEONE IN THE SERVICE INDUSTRY HOW MUCH YOU APPRECIATE THEIR WORK
CALL A FAMILY MEMBER TO CHAT	HELP WITH A TASK THAT YOU GENERALLY DON'T HELP WITH	<i>Free</i>	HIDE A HAPPY NOTE FOR SOMEONE	DO A RANDOM ACT OF KINDNESS FOR SOMEONE
PICK UP TRASH	TELL SOMEONE A JOKE	SEND A CARD TO SOMEONE YOU LOVE	ORGANIZE SOMETHING FOR YOU AND YOUR FRIENDS TO DO	TAKE YOURSELF ON A DATE
BE KIND TO YOURSELF AND GET FRESH AIR	ASK SOMEONE ABOUT THEIR DAY	MAKE A LIST OF THINGS YOU'RE THANKFUL FOR	VOLUNTEER	LET SOMEONE GO AHEAD OF YOU IN A LINE

Spread kindness this February with Kindness Bingo! Cross off one kindness task after you have completed it. Aim for one act each day.



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