



# Kindness Bingo

Children's  
Mental  
Health  
Week

Being kind to other people is a way to show that you care, and can make you feel good too!

Every time you do one of Bing's acts of kindness, cross them off and keep going until you have completed every box!



Be helpful at home ☐



Sing a song for a friend ☐



Give someone a cuddle ☐



Share a toy ☐



Read a story with someone ☐



Help a friend to do something hard ☐



Look after a friend ☐



Give someone a present ☐



Be kind to an animal ☐