



WQED KINDNESS BINGO

**ADULT
VERSION
1!**

HELP A COWORKER	VOLUNTEER SOMEWHERE	PLACE A POSITIVE BODY IMAGE NOTES IN CLOTHES AT A STORE	LEAVE A LARGER THAN NORMAL TIP	SAY THANK YOU TO A JANITOR
LET SOMEONE INTO YOUR LANE IN TRAFFIC	LET SOMEONE GO AHEAD OF YOU IN LINE	OFFER TO BABYSIT FOR FREE FOR PARENTS YOU KNOW	PUT CHANGE IN SOMEONE'S EXPIRED PARKING METER	BUY SOMEONE COFFEE
HOLD THE DOOR FOR SOMEONE	SAY HI TO THE PERSON NEXT TO YOU ON THE ELEVATOR	I'M A  MEMBER	GIVE UP YOUR SEAT ON PUBLIC TRANSPORTATION	INVITE A FRIEND OVER FOR DINNER
RETURN SOMEONE'S CART AT THE STORE	HOLD THE ELEVATOR FOR SOMEONE	PAY THE TOLL FOR THE PERSON BEHIND YOU	BRING A TREAT INTO WORK	CALL AN OLD FRIEND AND ASK ABOUT THEIR DAY
PUT CHANGE IN THE VENDING MACHINE	LEAVE UNUSED COUPONS NEXT TO PRODUCTS IN THE STORE	PICK UP LITTER	GIVE SOMEONE A BOOK YOU THINK THEY'D LIKE	SHOP LOCAL AND SMALL BUSINESS

Share your completed card by tagging @WQED and use the hashtag #EXPRESSKINDNESS

Don't forget to share your acts of kindness on our tree at wqed.org/kind