

FESTIVE KINDNESS BINGO CARD

Treat yourself & others

| | | | | |
|--|--|---|--|---|
| Leave someone a surprise note telling them you love them | Swap a neck & shoulder massage with someone | Give a small amount of money to a random stranger | Share a cheesy joke with a friend or colleague | Have a chat with a shop assistant and make them smile |
| Buy extra food when you're shopping to donate to a food bank | Make a homemade card or decoration for someone special | Let someone go in front of you in the queue at the supermarket | Buy small gifts to donate to Christmas charity drives | Look for the good points in someone who usually annoys you |
| Give 3 genuine compliments to colleagues or friends | Cook some meals or do some cleaning for an elderly neighbour | "Be kind wherever possible. It is always possible." Dalai Lama | Make an effort to visit a friend you haven't seen for a while | Offer to look after someone's plants or animals while they're away |
| Bake some Christmas treats to give to your neighbours | Go a whole day without complaining or gossiping | Drink a big glass of water and eat a piece of fruit | Turn off your phone and give your full attention to whoever you're with | Take an elderly neighbour Christmas shopping |
| Donate some blankets or toys to your local animal shelter | Call a friend just to say hello and chat | Have a clear-out and donate unwanted items to charity | Say "I love you" to those closest to you that you usually take for granted | Volunteer to prepare or serve Christmas lunch at a homeless shelter |

SUBSCRIBE FOR MORE GOODIES: [WENDYSWAYTOHEALTH.COM](https://www.wendyswaytohealth.com)