













Smiggle®

BE KIND BINGO!

HOW MANY ACTS OF KINDNESS CAN YOU DO?
PRINT OUT OUR KINDNESS BINGO CHART
AND COLOUR IN THE STARS
ONCE YOU'VE COMPLETED THEM!

 PICK UP SOME LITTER	 GIVE A FRIEND OR FAMILY MEMBER A HUG	 RECYCLE SOME LITTER
 WRITE A NOTE TO SOMEONE TO TELL THEM WHY YOU APPRECIATE THEM	 MAKE FRIENDS WITH SOMEONE NEW	 GIVE SOMEONE A COMPLIMENT
 HOLD THE DOOR OPEN FOR SOMEONE	 DO YOUR CHORES WITHOUT BEING ASKED	 SMILE AT SOMEONE NEW AT SCHOOL
 WRITE A THANK YOU NOTE TO YOUR TEACHER	 HELP SOMEONE TIDY UP	 DONATE SOME OLD TOYS THAT YOU DON'T USE TO CHARITY

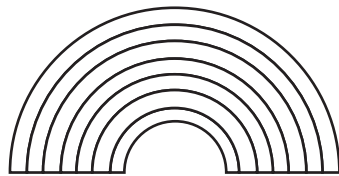
BE KIND RANDOM COMPLIMENT SLIPS

MAKE SOMEONE SMILE AND GIGGLE WITH OUR RANDOM COMPLIMENT SLIPS!

PRINT, CUT OUT (ASK AN ADULT TO HELP!) & COLOUR OUR KINDNESS COMPLIMENT CARDS AND HAND THEM OUT!



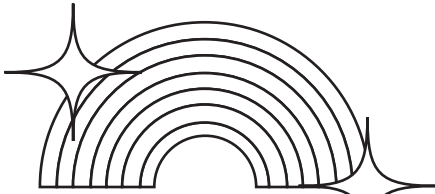
YOU ARE AWESOME!



I BELIEVE IN YOU



YOU ARE CAPABLE OF GREAT THINGS



THANKS FOR MAKING MY DAY BETTER



YOU ARE EXTRAORDINARY!



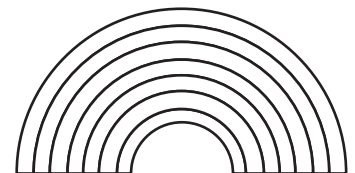
YOU ARE SO SMART!



WELL DONE!



YOU CAN ACHIEVE ANYTHING!



YOU ARE THE BEST!

Smiggle®

BE KIND

TO YOURSELF

IT'S IMPORTANT TO BE KIND TO YOURSELF, SO PRINT OFF THE BELOW AND WRITE A KIND NOTE TO YOURSELF! KINDNESS STARTS WITHIN!

TO ME,



I AM BRAVE & STRONG BECAUSE: _____

I AM BEAUTIFUL BECAUSE: _____

I AM INTELLIGENT BECAUSE: _____

I AM THANKFUL FOR: _____

STAY KIND.

WITH LOVE,

ME

