Kindness Bingo

Sprinkle kindness like confetti and get a Bingo!

Give an extra hug

Help set the table Call someone you love

Smile at everyone you see

Give someone else a turn first

Offer to help someone

Be present with no technology

Pick something to Donate Say something your grateful for

ekindandconfidented

Thank you for sprinkling kindness like confetti with us



LETS KEEP GROWING KIND AND CONFIDENT TOGETHER

Looking for more resources to grow mindful at home?

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Products and more.

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