

# Be Kind Bingo

myfreebingocards.com

## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/d5xz39z](https://mfbc.us/e/d5xz39z)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](https://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/d5xz39z](https://mfbc.us/s/d5xz39z)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/d5xz39z](https://mfbc.us/e/d5xz39z)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Do a favor for someone	Don't complain for at least 24 hours	Buy someone a gift	Donate to charity	Make a handmade gift for someone	Do an act of self-care	Nominate someone for CORE VALUES
Write a handwritten letter and mail it	Leave positive sticky notes for others to find	Visit a senior home and deliver a surprise	Celebrate someone you love	Make someone smile	Treat yourself to a gift	Let someone know you're thinking of them
Send an encouraging email	Help someone carry a heavy item	Hold the door open for someone	Leave a kind note for a service-industry worker	Tip extra at a restaurant or bar	Give a shoutout to someone doing a great job	Visit an animal shelter and give out treats
Let someone go in front of you in a line	Pick up trash	Leave a positive review of a small business	Tell someone why their special			

# Be Kind Bingo

Send an encouraging email	Do a favor for someone	Let someone go in front of you in a line	Donate to charity	Make someone smile
Leave a positive review of a small business	Nominate someone for CORE VALUES	Tell someone why their special	Make a handmade gift for someone	Don't complain for at least 24 hours
Tip extra at a restaurant or bar	Give a shoutout to someone doing a great job	Visit a senior home and deliver a surprise	Celebrate someone you love	Visit an animal shelter and give out treats
Hold the door open for someone	Buy someone a gift	Leave positive sticky notes for others to find	Write a handwritten letter and mail it	Leave a kind note for a service-industry worker
Help someone carry a heavy item	Do an act of self-care	Pick up trash	Let someone know you're thinking of them	Treat yourself to a gift

# Be Kind Bingo

Tell someone why their special	Let someone know you're thinking of them	Nominate someone for CORE VALUES	Send an encouraging email	Hold the door open for someone
Leave a positive review of a small business	Give a shoutout to someone doing a great job	Pick up trash	Tip extra at a restaurant or bar	Donate to charity
Visit an animal shelter and give out treats	Leave a kind note for a service-industry worker	Do an act of self-care	Celebrate someone you love	Leave positive sticky notes for others to find
Don't complain for at least 24 hours	Do a favor for someone	Visit a senior home and deliver a surprise	Buy someone a gift	Let someone go in front of you in a line
Make someone smile	Help someone carry a heavy item	Treat yourself to a gift	Make a handmade gift for someone	Write a handwritten letter and mail it

# Be Kind Bingo

Pick up trash	Make a handmade gift for someone	Tell someone why their special	Leave a kind note for a service-industry worker	Leave positive sticky notes for others to find
Treat yourself to a gift	Donate to charity	Write a handwritten letter and mail it	Do a favor for someone	Visit a senior home and deliver a surprise
Give a shoutout to someone doing a great job	Let someone know you're thinking of them	Send an encouraging email	Celebrate someone you love	Nominate someone for CORE VALUES
Help someone carry a heavy item	Tip extra at a restaurant or bar	Buy someone a gift	Hold the door open for someone	Visit an animal shelter and give out treats
Make someone smile	Let someone go in front of you in a line	Leave a positive review of a small business	Don't complain for at least 24 hours	Do an act of self-care

# Be Kind Bingo

Visit a senior home and deliver a surprise	Let someone go in front of you in a line	Tip extra at a restaurant or bar	Don't complain for at least 24 hours	Let someone know you're thinking of them
Celebrate someone you love	Make a handmade gift for someone	Make someone smile	Visit an animal shelter and give out treats	Tell someone why their special
Send an encouraging email	Pick up trash	Write a handwritten letter and mail it	Give a shoutout to someone doing a great job	Do an act of self-care
Leave a kind note for a service-industry worker	Hold the door open for someone	Donate to charity	Treat yourself to a gift	Leave a positive review of a small business
Nominate someone for CORE VALUES	Do a favor for someone	Leave positive sticky notes for others to find	Buy someone a gift	Help someone carry a heavy item

# Be Kind Bingo

Let someone go in front of you in a line	Don't complain for at least 24 hours	Visit a senior home and deliver a surprise	Give a shoutout to someone doing a great job	Buy someone a gift
Hold the door open for someone	Tell someone why their special	Nominate someone for CORE VALUES	Celebrate someone you love	Treat yourself to a gift
Write a handwritten letter and mail it	Do a favor for someone	Visit an animal shelter and give out treats	Leave a positive review of a small business	Leave positive sticky notes for others to find
Donate to charity	Do an act of self-care	Make a handmade gift for someone	Leave a kind note for a service-industry worker	Send an encouraging email
Help someone carry a heavy item	Tip extra at a restaurant or bar	Pick up trash	Let someone know you're thinking of them	Make someone smile

# Be Kind Bingo

Let someone go in front of you in a line	Do a favor for someone	Send an encouraging email	Donate to charity	Write a handwritten letter and mail it
Do an act of self-care	Nominate someone for CORE VALUES	Give a shoutout to someone doing a great job	Let someone know you're thinking of them	Tell someone why their special
Make a handmade gift for someone	Buy someone a gift	Pick up trash	Make someone smile	Leave positive sticky notes for others to find
Hold the door open for someone	Tip extra at a restaurant or bar	Visit a senior home and deliver a surprise	Visit an animal shelter and give out treats	Leave a positive review of a small business
Leave a kind note for a service-industry worker	Treat yourself to a gift	Don't complain for at least 24 hours	Celebrate someone you love	Help someone carry a heavy item



# Be Kind Bingo

Visit an animal shelter and give out treats	Do an act of self-care	Make someone smile	Tip extra at a restaurant or bar	Write a handwritten letter and mail it
Help someone carry a heavy item	Tell someone why their special	Nominate someone for CORE VALUES	Donate to charity	Leave positive sticky notes for others to find
Give a shoutout to someone doing a great job	Pick up trash	Leave a positive review of a small business	Celebrate someone you love	Make a handmade gift for someone
Let someone go in front of you in a line	Let someone know you're thinking of them	Leave a kind note for a service-industry worker	Buy someone a gift	Visit a senior home and deliver a surprise
Send an encouraging email	Hold the door open for someone	Don't complain for at least 24 hours	Treat yourself to a gift	Do a favor for someone

# Be Kind Bingo

Visit an animal shelter and give out treats	Send an encouraging email	Hold the door open for someone	Leave a positive review of a small business	Buy someone a gift
Do an act of self-care	Visit a senior home and deliver a surprise	Celebrate someone you love	Let someone go in front of you in a line	Don't complain for at least 24 hours
Tell someone why their special	Pick up trash	Make a handmade gift for someone	Give a shoutout to someone doing a great job	Donate to charity
Treat yourself to a gift	Do a favor for someone	Write a handwritten letter and mail it	Leave positive sticky notes for others to find	Make someone smile
Leave a kind note for a service-industry worker	Help someone carry a heavy item	Nominate someone for CORE VALUES	Let someone know you're thinking of them	Tip extra at a restaurant or bar

# Be Kind Bingo

Hold the door open for someone	Leave a kind note for a service-industry worker	Let someone know you're thinking of them	Tip extra at a restaurant or bar	Celebrate someone you love
Let someone go in front of you in a line	Don't complain for at least 24 hours	Donate to charity	Leave positive sticky notes for others to find	Send an encouraging email
Pick up trash	Make a handmade gift for someone	Visit an animal shelter and give out treats	Give a shoutout to someone doing a great job	Nominate someone for CORE VALUES
Treat yourself to a gift	Help someone carry a heavy item	Make someone smile	Do an act of self-care	Leave a positive review of a small business
Buy someone a gift	Tell someone why their special	Do a favor for someone	Write a handwritten letter and mail it	Visit a senior home and deliver a surprise

# Be Kind Bingo

Visit a senior home and deliver a surprise	Tip extra at a restaurant or bar	Make someone smile	Do a favor for someone	Do an act of self-care
Nominate someone for CORE VALUES	Help someone carry a heavy item	Give a shoutout to someone doing a great job	Celebrate someone you love	Buy someone a gift
Let someone know you're thinking of them	Write a handwritten letter and mail it	Send an encouraging email	Leave a kind note for a service-industry worker	Tell someone why their special
Leave positive sticky notes for others to find	Visit an animal shelter and give out treats	Let someone go in front of you in a line	Treat yourself to a gift	Don't complain for at least 24 hours
Leave a positive review of a small business	Pick up trash	Hold the door open for someone	Donate to charity	Make a handmade gift for someone

# Be Kind Bingo

Do a favor for someone	Treat yourself to a gift	Send an encouraging email	Celebrate someone you love	Donate to charity
Make a handmade gift for someone	Hold the door open for someone	Let someone go in front of you in a line	Let someone know you're thinking of them	Tell someone why their special
Help someone carry a heavy item	Visit an animal shelter and give out treats	Make someone smile	Write a handwritten letter and mail it	Leave positive sticky notes for others to find
Nominate someone for CORE VALUES	Pick up trash	Tip extra at a restaurant or bar	Do an act of self-care	Visit a senior home and deliver a surprise
Buy someone a gift	Give a shoutout to someone doing a great job	Don't complain for at least 24 hours	Leave a positive review of a small business	Leave a kind note for a service-industry worker

# Be Kind Bingo

Nominate someone for CORE VALUES	Help someone carry a heavy item	Make a handmade gift for someone	Do a favor for someone	Give a shoutout to someone doing a great job
Leave a kind note for a service-industry worker	Let someone know you're thinking of them	Leave a positive review of a small business	Treat yourself to a gift	Donate to charity
Leave positive sticky notes for others to find	Tell someone why their special	Celebrate someone you love	Write a handwritten letter and mail it	Visit an animal shelter and give out treats
Let someone go in front of you in a line	Visit a senior home and deliver a surprise	Send an encouraging email	Hold the door open for someone	Do an act of self-care
Buy someone a gift	Pick up trash	Make someone smile	Tip extra at a restaurant or bar	Don't complain for at least 24 hours

# Be Kind Bingo

Tell someone why their special	Write a handwritten letter and mail it	Don't complain for at least 24 hours	Hold the door open for someone	Leave a kind note for a service-industry worker
Let someone know you're thinking of them	Do an act of self-care	Donate to charity	Visit an animal shelter and give out treats	Make a handmade gift for someone
Nominate someone for CORE VALUES	Tip extra at a restaurant or bar	Send an encouraging email	Give a shoutout to someone doing a great job	Help someone carry a heavy item
Buy someone a gift	Make someone smile	Celebrate someone you love	Leave a positive review of a small business	Visit a senior home and deliver a surprise
Do a favor for someone	Leave positive sticky notes for others to find	Let someone go in front of you in a line	Treat yourself to a gift	Pick up trash

# Be Kind Bingo

Leave a kind note for a service-industry worker	Write a handwritten letter and mail it	Don't complain for at least 24 hours	Leave positive sticky notes for others to find	Let someone know you're thinking of them
Do an act of self-care	Tell someone why their special	Pick up trash	Leave a positive review of a small business	Make a handmade gift for someone
Give a shoutout to someone doing a great job	Treat yourself to a gift	Nominate someone for CORE VALUES	Buy someone a gift	Let someone go in front of you in a line
Make someone smile	Celebrate someone you love	Visit a senior home and deliver a surprise	Donate to charity	Tip extra at a restaurant or bar
Send an encouraging email	Visit an animal shelter and give out treats	Hold the door open for someone	Help someone carry a heavy item	Do a favor for someone



# Be Kind Bingo

Help someone carry a heavy item	Hold the door open for someone	Let someone go in front of you in a line	Nominate someone for CORE VALUES	Do a favor for someone
Pick up trash	Visit a senior home and deliver a surprise	Let someone know you're thinking of them	Donate to charity	Celebrate someone you love
Make a handmade gift for someone	Don't complain for at least 24 hours	Tip extra at a restaurant or bar	Tell someone why their special	Send an encouraging email
Write a handwritten letter and mail it	Leave a positive review of a small business	Give a shoutout to someone doing a great job	Visit an animal shelter and give out treats	Buy someone a gift
Treat yourself to a gift	Do an act of self-care	Make someone smile	Leave positive sticky notes for others to find	Leave a kind note for a service-industry worker

# Be Kind Bingo

Celebrate someone you love	Make a handmade gift for someone	Leave positive sticky notes for others to find	Visit an animal shelter and give out treats	Give a shoutout to someone doing a great job
Visit a senior home and deliver a surprise	Treat yourself to a gift	Tell someone why their special	Write a handwritten letter and mail it	Let someone know you're thinking of them
Pick up trash	Make someone smile	Buy someone a gift	Let someone go in front of you in a line	Leave a kind note for a service-industry worker
Nominate someone for CORE VALUES	Send an encouraging email	Leave a positive review of a small business	Hold the door open for someone	Tip extra at a restaurant or bar
Don't complain for at least 24 hours	Help someone carry a heavy item	Do a favor for someone	Donate to charity	Do an act of self-care

# Be Kind Bingo

Let someone go in front of you in a line	Make a handmade gift for someone	Donate to charity	Visit an animal shelter and give out treats	Write a handwritten letter and mail it
Don't complain for at least 24 hours	Help someone carry a heavy item	Do a favor for someone	Tip extra at a restaurant or bar	Hold the door open for someone
Leave a kind note for a service-industry worker	Let someone know you're thinking of them	Buy someone a gift	Leave a positive review of a small business	Nominate someone for CORE VALUES
Leave positive sticky notes for others to find	Do an act of self-care	Treat yourself to a gift	Make someone smile	Pick up trash
Send an encouraging email	Visit a senior home and deliver a surprise	Celebrate someone you love	Give a shoutout to someone doing a great job	Tell someone why their special

# Be Kind Bingo

Leave positive sticky notes for others to find	Do a favor for someone	Buy someone a gift	Don't complain for at least 24 hours	Tell someone why their special
Let someone know you're thinking of them	Send an encouraging email	Make a handmade gift for someone	Make someone smile	Pick up trash
Visit a senior home and deliver a surprise	Let someone go in front of you in a line	Leave a positive review of a small business	Leave a kind note for a service-industry worker	Hold the door open for someone
Tip extra at a restaurant or bar	Give a shoutout to someone doing a great job	Help someone carry a heavy item	Donate to charity	Do an act of self-care
Celebrate someone you love	Nominate someone for CORE VALUES	Treat yourself to a gift	Visit an animal shelter and give out treats	Write a handwritten letter and mail it

# Be Kind Bingo

Give a shoutout to someone doing a great job	Leave a positive review of a small business	Write a handwritten letter and mail it	Leave positive sticky notes for others to find	Leave a kind note for a service-industry worker
Do an act of self-care	Hold the door open for someone	Don't complain for at least 24 hours	Let someone know you're thinking of them	Make someone smile
Pick up trash	Visit an animal shelter and give out treats	Send an encouraging email	Donate to charity	Tip extra at a restaurant or bar
Nominate someone for CORE VALUES	Help someone carry a heavy item	Tell someone why their special	Celebrate someone you love	Buy someone a gift
Let someone go in front of you in a line	Treat yourself to a gift	Make a handmade gift for someone	Visit a senior home and deliver a surprise	Do a favor for someone

# Be Kind Bingo

Let someone know you're thinking of them	Tip extra at a restaurant or bar	Give a shoutout to someone doing a great job	Make a handmade gift for someone	Buy someone a gift
Nominate someone for CORE VALUES	Make someone smile	Help someone carry a heavy item	Let someone go in front of you in a line	Do a favor for someone
Write a handwritten letter and mail it	Treat yourself to a gift	Leave a positive review of a small business	Leave positive sticky notes for others to find	Hold the door open for someone
Tell someone why their special	Do an act of self-care	Visit a senior home and deliver a surprise	Visit an animal shelter and give out treats	Pick up trash
Celebrate someone you love	Donate to charity	Don't complain for at least 24 hours	Leave a kind note for a service-industry worker	Send an encouraging email

# Be Kind Bingo

Tip extra at a restaurant or bar	Make someone smile	Make a handmade gift for someone	Help someone carry a heavy item	Send an encouraging email
Pick up trash	Let someone go in front of you in a line	Visit a senior home and deliver a surprise	Don't complain for at least 24 hours	Celebrate someone you love
Do an act of self-care	Donate to charity	Visit an animal shelter and give out treats	Write a handwritten letter and mail it	Leave a kind note for a service-industry worker
Nominate someone for CORE VALUES	Tell someone why their special	Buy someone a gift	Let someone know you're thinking of them	Leave positive sticky notes for others to find
Give a shoutout to someone doing a great job	Do a favor for someone	Leave a positive review of a small business	Treat yourself to a gift	Hold the door open for someone

# Be Kind Bingo

Leave positive sticky notes for others to find	Buy someone a gift	Don't complain for at least 24 hours	Leave a kind note for a service-industry worker	Make someone smile
Let someone go in front of you in a line	Nominate someone for CORE VALUES	Do a favor for someone	Hold the door open for someone	Celebrate someone you love
Visit an animal shelter and give out treats	Tell someone why their special	Treat yourself to a gift	Leave a positive review of a small business	Send an encouraging email
Do an act of self-care	Let someone know you're thinking of them	Tip extra at a restaurant or bar	Donate to charity	Help someone carry a heavy item
Visit a senior home and deliver a surprise	Write a handwritten letter and mail it	Pick up trash	Make a handmade gift for someone	Give a shoutout to someone doing a great job



# Be Kind Bingo

Leave a positive review of a small business	Leave a kind note for a service-industry worker	Buy someone a gift	Nominate someone for CORE VALUES	Do an act of self-care
Tip extra at a restaurant or bar	Visit an animal shelter and give out treats	Pick up trash	Visit a senior home and deliver a surprise	Hold the door open for someone
Tell someone why their special	Leave positive sticky notes for others to find	Give a shoutout to someone doing a great job	Help someone carry a heavy item	Write a handwritten letter and mail it
Let someone know you're thinking of them	Treat yourself to a gift	Make someone smile	Make a handmade gift for someone	Don't complain for at least 24 hours
Donate to charity	Send an encouraging email	Celebrate someone you love	Do a favor for someone	Let someone go in front of you in a line

# Be Kind Bingo

Treat yourself to a gift	Pick up trash	Give a shoutout to someone doing a great job	Do a favor for someone	Leave a positive review of a small business
Make someone smile	Make a handmade gift for someone	Write a handwritten letter and mail it	Visit a senior home and deliver a surprise	Let someone go in front of you in a line
Let someone know you're thinking of them	Help someone carry a heavy item	Don't complain for at least 24 hours	Leave positive sticky notes for others to find	Hold the door open for someone
Nominate someone for CORE VALUES	Buy someone a gift	Do an act of self-care	Leave a kind note for a service-industry worker	Donate to charity
Send an encouraging email	Tip extra at a restaurant or bar	Celebrate someone you love	Tell someone why their special	Visit an animal shelter and give out treats

# Be Kind Bingo

Pick up trash	Let someone know you're thinking of them	Visit a senior home and deliver a surprise	Don't complain for at least 24 hours	Do an act of self-care
Hold the door open for someone	Leave positive sticky notes for others to find	Buy someone a gift	Leave a kind note for a service-industry worker	Visit an animal shelter and give out treats
Leave a positive review of a small business	Make a handmade gift for someone	Do a favor for someone	Tip extra at a restaurant or bar	Treat yourself to a gift
Tell someone why their special	Write a handwritten letter and mail it	Donate to charity	Send an encouraging email	Make someone smile
Help someone carry a heavy item	Let someone go in front of you in a line	Nominate someone for CORE VALUES	Celebrate someone you love	Give a shoutout to someone doing a great job

# Be Kind Bingo

Buy someone a gift	Help someone carry a heavy item	Leave a kind note for a service-industry worker	Tell someone why their special	Give a shoutout to someone doing a great job
Celebrate someone you love	Visit an animal shelter and give out treats	Leave positive sticky notes for others to find	Tip extra at a restaurant or bar	Leave a positive review of a small business
Don't complain for at least 24 hours	Nominate someone for CORE VALUES	Let someone go in front of you in a line	Do an act of self-care	Make someone smile
Pick up trash	Treat yourself to a gift	Let someone know you're thinking of them	Write a handwritten letter and mail it	Make a handmade gift for someone
Send an encouraging email	Hold the door open for someone	Do a favor for someone	Donate to charity	Visit a senior home and deliver a surprise

# Be Kind Bingo

Let someone go in front of you in a line	Help someone carry a heavy item	Visit an animal shelter and give out treats	Visit a senior home and deliver a surprise	Let someone know you're thinking of them
Tip extra at a restaurant or bar	Celebrate someone you love	Buy someone a gift	Write a handwritten letter and mail it	Treat yourself to a gift
Don't complain for at least 24 hours	Pick up trash	Leave positive sticky notes for others to find	Do an act of self-care	Send an encouraging email
Hold the door open for someone	Make someone smile	Make a handmade gift for someone	Leave a kind note for a service-industry worker	Leave a positive review of a small business
Do a favor for someone	Nominate someone for CORE VALUES	Tell someone why their special	Donate to charity	Give a shoutout to someone doing a great job

# Be Kind Bingo

Leave a positive review of a small business	Send an encouraging email	Visit an animal shelter and give out treats	Nominate someone for CORE VALUES	Give a shoutout to someone doing a great job
Tip extra at a restaurant or bar	Treat yourself to a gift	Visit a senior home and deliver a surprise	Buy someone a gift	Make a handmade gift for someone
Do an act of self-care	Pick up trash	Tell someone why their special	Leave a kind note for a service-industry worker	Hold the door open for someone
Don't complain for at least 24 hours	Do a favor for someone	Help someone carry a heavy item	Donate to charity	Let someone know you're thinking of them
Write a handwritten letter and mail it	Make someone smile	Celebrate someone you love	Leave positive sticky notes for others to find	Let someone go in front of you in a line

# Be Kind Bingo

Leave a positive review of a small business	Do a favor for someone	Treat yourself to a gift	Buy someone a gift	Don't complain for at least 24 hours
Help someone carry a heavy item	Celebrate someone you love	Do an act of self-care	Leave positive sticky notes for others to find	Hold the door open for someone
Let someone know you're thinking of them	Make a handmade gift for someone	Write a handwritten letter and mail it	Visit a senior home and deliver a surprise	Give a shoutout to someone doing a great job
Pick up trash	Tell someone why their special	Tip extra at a restaurant or bar	Donate to charity	Visit an animal shelter and give out treats
Make someone smile	Nominate someone for CORE VALUES	Send an encouraging email	Leave a kind note for a service-industry worker	Let someone go in front of you in a line

# Be Kind Bingo

Make someone smile	Help someone carry a heavy item	Celebrate someone you love	Give a shoutout to someone doing a great job	Visit a senior home and deliver a surprise
Donate to charity	Make a handmade gift for someone	Tip extra at a restaurant or bar	Leave a positive review of a small business	Visit an animal shelter and give out treats
Send an encouraging email	Let someone know you're thinking of them	Let someone go in front of you in a line	Don't complain for at least 24 hours	Do a favor for someone
Leave positive sticky notes for others to find	Tell someone why their special	Pick up trash	Leave a kind note for a service-industry worker	Do an act of self-care
Buy someone a gift	Treat yourself to a gift	Nominate someone for CORE VALUES	Hold the door open for someone	Write a handwritten letter and mail it