

B	I	N	G	O
Collect needed items for a local charity	Mow or shovel a neighbors yard	stop and smell the roses	Help a friend in need	Volunteer at a local organization
Give cash to a charity	babysit for free	plant a tree	share mints with a friend	plant a flower
send a thank you note to someone	gave a child a balloon	 <p>www.westsidecia.org</p>	leave the mail carrier a treat	offer a stick of gum to a friend
tell someone you love them	take cookies to the fire station	name 1 thing that you are thankful for	do something nice for your mom - just because	take out the trash
do the dishes	feed the birds	leave small coins by the swings	read to residents at the nursing home	turn off your electronics for 2 hours

B	I	N	G	O
Connect with someone new	Give someone a special book	stop and smell the roses	do a chore for a sibling	do the dishes
Hug someone today	help a friend in need	Give gum to a friend	feed the birds	Keep trying
Pick up trash in the park	Plant a seed	 www.westsidecia.org	leave the mail carrier a treat	offer to walk a neighbors dog
tell someone you love them	Meditate for 15 minutes	name 1 thing that you are thankful for	do something nice for your mom - just because	leave small coins under the swings at the park
Write just 3 lines of encouragement to someone	Wave at every car you pass today	Tell dad "thanks" just because	Say "please" and "thank you"	share your candy with a sibling

B	I	N	G	O
offer a stick of gum to a friend	Hold the door for someone	Hug someone today	Help a friend in need	Make your bed
Be kind	Do one thing out of your comfort zone	help a friend in need	share mints with a friend	Don't interrupt
send a thank you note to someone	do a chore for a sibling	 www.westsidecia.org	leave the mail carrier a treat	Mow or shovel a neighbors yard
Make your bed	Write just 3 lines of encouragement to someone	Tell dad thanks just because	leave small coins under the swings at the park	Meditate for 15 minutes
do something nice for your mom - just because	Smile at people today	Think Forgiveness	read to residents at the nursing home	Volunteer at a local organization

B	I	N	G	O
Collect needed items for a local charity	Mow or shovel a neighbors yard	stop and smell the roses	Help a friend in need	offer to walk a neighbors dog
Give cash to a charity	Be kind	Bake goodies for a neighbor	Ask "how can I help" today	Hug someone today
send a thank you note to someone	gave a child a balloon	 www.westsidecia.org	give someone a flower	Call your grand-parents
tell someone you love them	Go sing at the nursing home	name 1 thing that you are thankful for	do something nice for your mom - just because	Tell someone how they have inspired you
do the dishes	Act with integrity	Treat others fairly	read to residents at the nursing home	take cookies to the police station