

KINDNESS B I N G O

Clean up after a friend	Give a high five (or similar gesture)	Invite someone new to sit with you at lunch	Volunteer for a task	Pay someone a compliment
Thank someone for doing something nice	Clean up after yourself	Pick up trash	Hold the door for others	Encourage someone who is struggling
Help a teacher or staff member	Be an Upstander	KIND VIBES FREE SPACE	Help someone make new friends	Share with a peer
Send someone a kind message	SMILE!	Help someone in need	Cheer up someone who is sad	Do someone a favor
Greet someone when they walk in	Help resolve a conflict between peers	Let someone go ahead of you in line	Teach someone something new	ANY other act of kindness



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