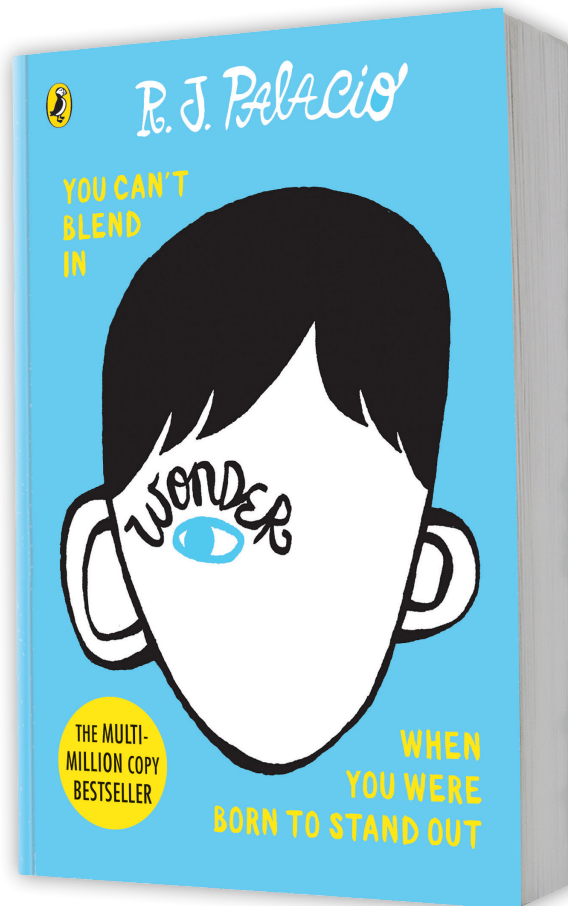


#ChooseKind In the Classroom



Wonder Back to School Teaching Resources



for ages 8+

Activity 3 Kindness Bingo

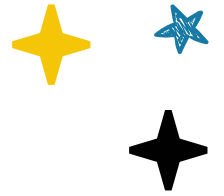
Explores themes of:

Kindness, Community, Friendship, Wellbeing, Emotional Literacy

Subject checklist:

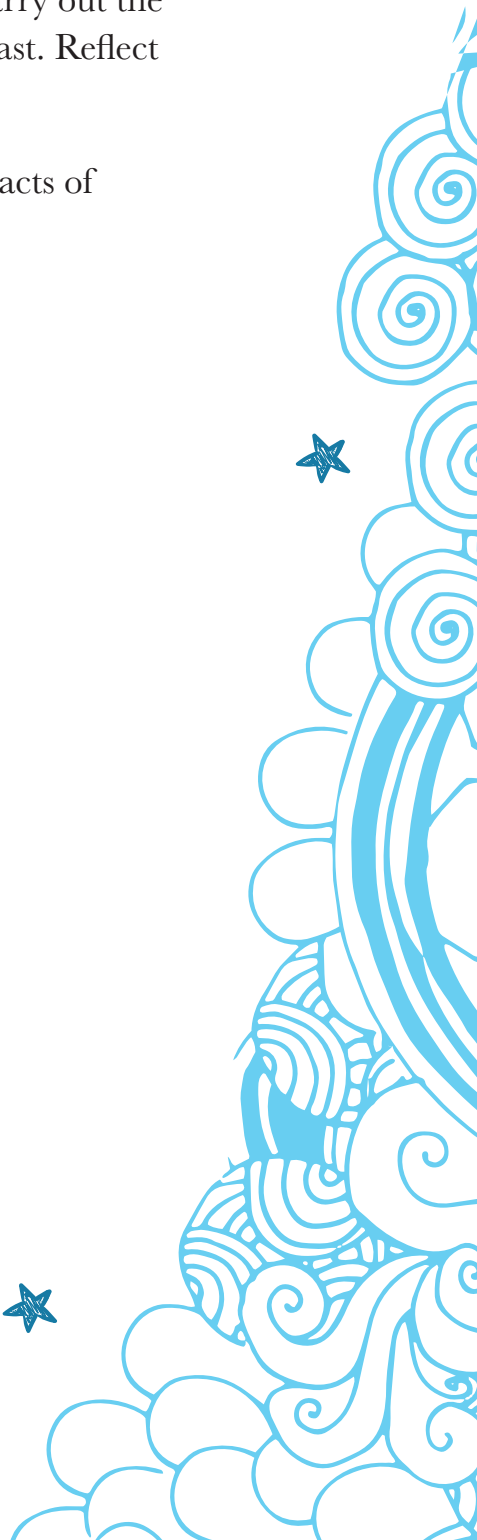
Literacy, PSHE, Citizenship, Art, Design & Technology

Activity 3: Kindness Bingo

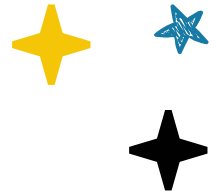


"How do we know we've been kind? What is being kind, anyway?" (p. 300)

- "*What is being kind, anyway?*" Make a list of ways you can be kind on a daily basis.
- Look at some of the acts of kindness included on the next page. Rank them in order from 1–10, with 1 being the act of kindness that you carry out the most, and 10 being the act of kindness that you carry out the least. Reflect on each of the acts of kindness; what is the impact of each act?
- Then, fill in the Kindness Bingo sheet with your favourite daily acts of kindness. As a class, can you complete all of them in one week?



Activity 3: Kindness Bingo



Act of Kindness	Rank 1-10	Reflections	Impact
Cleaning up after someone			
Complimenting someone			
Letting someone go ahead of you in a queue			
Introducing yourself to someone new			
Helping your parents with the shopping			
Waving to a friend			
Inviting someone to play with you			
Thanking someone who has helped you			
Being patient with a classmate			
Doing something nice for a friend			



Activity 3:

Kindness Bingo



Write acts of kindness in each square.
Your challenge is to complete all of them in one week.

e.g. Clean up after someone			

