

# Stoke Reads: Kindness Bingo

Words can be friendly and kind, and make us feel warm and fuzzy inside. What words give you this feeling? Why not chat to your child about how they can make others feel like this!

Have a go at the Kindness Bingo below! Simply circle, tick or colour in when you have demonstrated this behaviour. See if your family can complete all of the tasks below.

This activity is a great way to broaden your child’s vocabulary, listening and social skills, and help you bond together. Chatting about your little one’s day or actions encourages them to reflect on the world around them and boosts their wellbeing.

**Top-tip: Ask your little one what motivates them to be kind, and what impact it has.**

Thank someone who has recently helped you with something, no matter how big or small.	Compliment someone. You could praise their cooking, drawing, singing, anything!	Help a sibling or adult with chores. Maybe you could tidy your room or clean something which is not yours.
Read to someone – whether it’s to your parents, carers, siblings or friends over Zoom.	Help your family to prepare and cook dinner.	Become a role-model by writing or drawing your top five ways to be kind. Don’t forget to share by tagging <a href="#">@StokeReads</a>
Do something silly to make someone laugh.	Create a gratitude jar and fill it with notes and things you are thankful for.	Make a thank you card or badge of honour for someone special.
Ring a grandparent or elderly relative and talk to them about their favourite childhood memory.	Give someone you live with a hug and ask how their day is going.	Remember that being kind to yourself is also really important. Run yourself a bubble bath and relax or play with your toys inside.