




# MARK DAY SCHOOL

## Social Distancing Gratitude and Kindness Bingo

Write a kind email to a teacher or family member.	(you fill in this space with your own creative idea of gratitude or kindness).	Draw a picture for a friend and email it to them.	Forgive someone for a mistake.	Create a fun way to make someone's day.
Make a funny video to send to a friend or family member to make them smile.	Make art and hang it in your window for people walking by to see.	Smile at everyone you see (even if you are inside or in a car).	Read a book virtually to someone.	(you fill in this space with your own creative idea of gratitude or kindness).
Tell someone why you think they are awesome.	Invite someone you do not usually hang out with for a Zoom hang out time.		Give someone a kind compliment.	Write a positive chalk message for a neighbor or friend.
Make a sign with a message of gratitude for someone you can post where they can see it.	Genuinely thank someone for something you don't usually say thank you for.	Show kindness to yourself by giving yourself a meaningful compliment.	Take a moment for yourself to appreciate what you have.	Decorate a rock with kind words and leave it in a neighbors garden for them to find.
Send someone a song that you think will make them smile.	Reach out to someone you haven't talked to in awhile.	Help someone around the house without being asked.	Write a kind email to a friend.	Tell someone what you appreciate about them.

Take pictures or videos of your fun acts of kindness and gratitude and email them to [sshulman@markdayschool.org](mailto:sshulman@markdayschool.org) for a school slideshow.