



ACTS OF KINDNESS DOSE BINGO

 DOPAMINE  OXYTOCIN  SEROTONIN  ENDORPHINS

Use this bingo board to fuel your Daily DOSE and spread joy wherever you go.

Drop off a meal to a neighbor	Send a surprise care package	Share a book you love	Text someone you miss a heartfelt "thinking of you"	Volunteer your time at a local non-profit
Pay for a stranger's parking	Write a thank you card to someone who has positively impacted you	Pick up litter in your community	Donate warm clothing	Buy coffee for someone behind you at the drive-through
Leave a gift card for coffee or groceries in a library book with a kind note	Leave a positive sticky note in a public restroom mirror	FREE SPACE	Compliment / show appreciation to a coworker	Return grocery carts in the parking lot to the store
Donate to your local food bank	Teach someone a skill you're good at	Call a family member or old friend	Offer to babysit or pet sit	Leave a positive review for a business you love
Bring flowers to a teacher, nurse or community worker.	Support a local small business	Share a song or create a playlist with someone who needs a boost	Chalk the sidewalk with inspiring quotes	Let someone go ahead of you in line at the store