

# Whānau random acts of kindness bingo

- Say something positive to each member of your whānau
- Share something just because
- Help someone with a chore or tricky task
- Write a card or letter to someone you miss
- Name 5 things you're grateful for and ask that this become a daily habit as part of kai time in the evening, or a bedtime ritual



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Print onto A4 card, then cut out so each ākonga has a tiny card of activities to do. They can take these home to play Random Acts of Kindness Bingo with whānau too.

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