



HAPPINESS BINGO

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|  Draw a picture and send it to grandparents or other relatives | Smile and say Hello to at least 3 people today | Have a technology free car ride and enjoy a conversation with parents | Tell someone you love 'I love you' | Name 3 personal strengths that you are thankful for |
| Name 3 happy moments that you experienced today |  Donate old clothes and toys | Let someone go ahead of you in a line  | Enjoy gadgets free family dinner  | Surprise your family with a breakfast |
|  Think about a challenge that you were able to overcome today | Make a sandwich for someone you love | Free!  | Help with dinner preparations |  Write a note to your friend  |
| Say 'Thank you' to your teacher and bus driver |  Invite someone to play with you | Give a compliment to two people  | Do a chore  | Make technology free day and enjoy your free time |
| Name 3 people in your life who you are grateful for | Offer help to someone you love | Take a walk and listen to the sounds of nature | Tell your friend 'Thank you for being you'  | Share something with your friend |

