

CHOOSE TO BE NICE

NINE NICE VALUES BINGO GAME

Play this Choose To Be Nice BINGO board with your family and see who gets BINGO first!
Post a photo or video of your completed BINGO board on social media #ChooseToBeNice.

B ★ **I** ★ **N** ★ **G** ★ **O**

<p>Write a thank you note to an essential worker</p> <p>KINDNESS</p>	<p>Make a list of everything you are grateful for</p> <p>ACCEPTANCE</p>	<p>Call a friend or family member to say hi</p> <p>FRIENDSHIP</p>	<p>Take a walk outside when you feel stressed</p> <p>PATIENCE</p>	<p>Write in a journal about how you are feeling</p> <p>HONESTY</p>
<p>Make a poster listing 5 things that make a good friend</p> <p>FRIENDSHIP</p>	<p>Tape a message of encouragement for your mail carrier</p> <p>KINDNESS</p>	<p>Play a board game with your family</p> <p>TEAMWORK</p>	<p>Read a book about a different culture</p> <p>ACCEPTANCE</p>	<p>Show respect for the environment by recycling</p> <p>RESPECT</p>
<p>Hang positive messages in your windows for others to see</p> <p>KINDNESS</p>	<p>Write a letter to a friend</p> <p>FRIENDSHIP</p>	<p>CHOOSE TO BE NICE</p>	<p>Help each family member with a chore two days in a row</p> <p>RESPONSIBILITY</p>	<p>Spend an hour doing something without electronics</p> <p>PATIENCE</p>
<p>Close your eyes and take deep breaths for one minute</p> <p>PATIENCE</p>	<p>Clean your room</p> <p>RESPONSIBILITY</p>	<p>Play two truths and a lie with a family member</p> <p>HONESTY</p>	<p>Create a drawing to express your emotions</p> <p>ACCEPTANCE</p>	<p>Try something new</p> <p>COURAGE</p>
<p>Practice active listening during meals</p> <p>RESPECT</p>	<p>Work with your family to tidy up around the house</p> <p>TEAMWORK</p>	<p>Read a news article about first responders</p> <p>COURAGE</p>	<p>Help a friend or sibling with their homework</p> <p>KINDNESS</p>	<p>Create a daily schedule for yourself</p> <p>RESPONSIBILITY</p>