



I came to give life,
LIFE TO THE FULL

JOHN 10:10

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LENT BINGO

Try and cross off all 40 Acts of Kindness by doing one every day during Lent

		Help cook dinner at home	Hold a door open for someone else	Write an encouraging note to a friend	Say thank you to someone at home
Ask a teacher how their day is going	Do something helpful without being asked	Talk to someone who looks lonely in school	Give money to a charity	Have a meat-free day to help the environment	Compliment a dinner-server at school
Help someone else with their work	Offer to empty the rubbish bins	Write a letter to someone	Say sorry to someone you may have hurt	Show someone you love them today	Surprise someone with a gift, big or small!
Smile at a stranger	Write down 10 things you are thankful for	Do the washing up	Give a tip to someone who serves you today	Travel in an eco-friendly way today (walk, cycle, etc.)	Sign a campaign for something you care about
Do some litter-picking wherever you are	Phone a family member who might be lonely	Give someone a compliment	Make someone else's bed for them	Make a present for someone	Bake something for someone else
Do some cleaning at home without being asked	Leave a chocolate bar for someone anonymously	Go the whole day without complaining	Tidy your bedroom	Speak to someone you haven't spoken to for a while	Leave £1 in a vending machine for the next person
Do your own washing and ironing today	Take some items to a charity shop	Offer to carry someone else's bag	Text someone an encouragement	Have a phone-free day – give people your full attention	Make someone laugh

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