



# “Grow your heart” bingo



Can you grow your heart by doing some kind deeds? Cut out a heart and stick it over each deed that you do. Can you complete a whole line?

Draw a picture for a friend or family member.	Read or tell a story to someone who is younger than you.	Hold the door open for someone.	Write a thank you note to someone who has been kind to you.
Share a favourite toy with a brother or sister or a friend.	Tidy your room or toys.	Ask your parents or carers how you can help them today.	Play with someone who seems lonely.
Phone or visit a member of your family that you haven't seen in a	Give someone a compliment.	Smile and say hello to one of your neighbours.	Donate something that you no longer use to a charity.
Give someone a hug.	Help to clear away the dishes after dinner.	Pick up a piece of litter and put it in the bin.	Help your teacher to tidy the classroom.

