Kindness Bingo

Promote empathy for all—large and small!

Dear Homeschooling Educator,

Kindness Bingo is full of fun and creative activities designed to cultivate empathy and positive behavior in homeschool environments. As your child completes each animal-friendly activity, mark off the corresponding space to celebrate their kindness. This engaging resource not only fosters a positive homeschool culture but also seamlessly integrates empathy for all into your child's learning. Kindness Bingo can help make homeschooling joyful and compassionate.
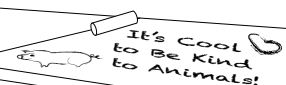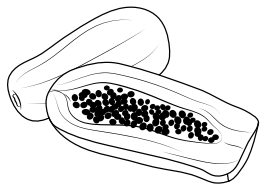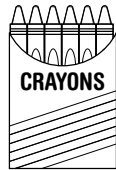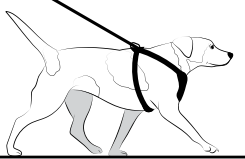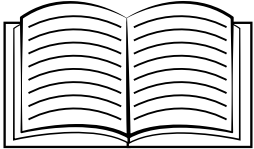
Instructions

• Encourage your child to complete the activities on the board, offering your help when needed. Instructions and tips for each activity are included inside the squares.

• After players complete an activity, they color in the corresponding square. The center bingo square is free.

• When players get bingo, reward them for their kindness to others. Make a vegan treat together, give them a sticker, or print and fill out one of our kindness recognition tags for them: **TeachKind.org/KindnessTags**.

• Encourage them to keep going for more bingo! They can try for a straight line, four corners, borders, and then the full board.

• When you're done, you can make a scrapbook of all the activities and include the board itself. Having a tangible reference to their acts of kindness will promote future empathy in your child.

TeachKind

Kindness Bingo

Are you ready to have fun while helping animals? After you've finished an activity, color in the square. A grown-up will need to help you with some of these activities. If no grown-ups are available, choose an activity you can do on your own or get creative and color the back of this page instead. Once you get five in a row, that's Kindness Bingo! But don't stop there—try to fill in the entire board.

Explore outside today. If you see an interesting animal, draw or take a picture of them without disturbing them. Never capture animals or take them out of their natural habitat.	Ask a grown-up to get you some nondairy chocolate milk—it's delicious.	Go "trash fishing." Visit a lake, a pond, a beach, or even your local park and help animals by picking up trash, which pollutes their homes and could injure them. (Always protect your hands by wearing gloves.)	Use sidewalk chalk to write messages about how important it is to be kind to all animals. "All Animals Deserve Love and Respect!" and "It's Cool to Be Kind to Animals!" are two great messages.	Have an indoor scavenger hunt: Make a list of all the products in your home that weren't tested on animals. Is your toothpaste or shampoo cruelty-free?
Try a fruit or vegetable that you've never tasted before.	Ask a grown-up to purchase a bathroom product that has PETA's bunny logo on it—that means it was made without hurting animals.	Make a colorful sign that encourages your neighbors to help animals and display it in your window. "Be Kind to Animals" is a perfect message.	Grab some crayons, colored pencils, or markers and color in the back of this sheet.	Make "ants on a log" by filling a stick of celery with peanut butter and topping it with raisins. Then remind your family why it's mean to step on real insects.
Make an "animal feelings" journal. For each day, write or draw about a different animal and their feelings. What would make them happy? What would make them sad?	Help keep birds from crashing into your windows. Cut shapes (leaves are nice) out of dark pieces of paper and tape them to each window. This helps birds notice the glass and not fly into it.	**FREE the animals!**	Make an "it" jar. When a family member calls an animal "it," they have to put a coin into the jar. Remind them to say "he," "she," or "they." When the jar is full, donate the money you've collected to an animal-friendly organization!	Make a list of your animal companions' favorite activities, then be sure they get to do some of them every day.
Try some yoga. For example, you can get on your hands and knees and do the "cow pose" by arching your back and looking up to the sky. Did you know that some cows choose their best friend right after they're born?	Put together an animal-rescue kit to keep in your family's car in case of an emergency. It should include a towel, a leash, a bottle of water, and a cardboard box or carrier.	Visit **PETAKids.com**, where you can learn how to help animals, download and print out coloring sheets, order free stickers, and more.	Go to your local library and borrow a book about your favorite animal.	Learn why it's not nice to say certain things about animals and what kind things you can say instead. Visit **PETAKids.com/Idioms**.
Gently brush your animal companion, then give them a treat.	Write a poem or song about kindness to animals. You can talk about the different ways everyone can be kind to animals and how that makes animals feel.	Collect gently used towels and bedding and donate them to your local animal shelter.	Draw or paint a picture of an animal with their family. Where do they live? What makes them feel happy and safe?	Watch an animal-friendly movie like *Chicken Run*, *Finding Dory*, or *The One and Only Ivan*.

If you see an animal who is hurt, lost, or in trouble, ask a grown-up for help. They can visit **PETA.org/AnimalEmergency** for more information.

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BE A HERO FOR DOGS AND CATS!

How to Help Them

- Never buy them from pet stores or breeders. Adopt from an animal shelter instead.
- Never leave them outside alone or chained up. (They belong in the house with you!)
- Be sure to give them plenty of love, clean water, food, toys, and a cozy place to sleep.
- Give your dog lots of walks outside, and clean your cat's litterbox twice a day.

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