Be Kind to yourself BINGO

**Play for your chance to win one of 3 grand prizes**

1. Use this code to register
   
   ![QR Code](https://rb.gy/msicm5)

2. Complete all acts on the board

3. Post 1 picture of 1 act you completed (only 1 required) with #bekindbingo on Instagram or Facebook

   **Winners will be contacted on Thursday, Feb. 11 and given pick up information**

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- Binge watch something that brings you happiness
- Encourage someone who might need it
- Keep smiling
- Invite someone to a zoom chat
- Normalize kindness towards others
- Devote time for self care
- Use your powers for good
- Note something good that happened
- Make a pledge to spread kindness