**Be Kind to yourself BINGO**

- **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**

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

1. Use this code to register

2. Complete all acts on the board

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

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