

BeKind to yourself BINGO

Play for your chance to win one of 3 grand prizes

1

Use this code to register



<https://rb.gy/msicm5>

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

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