

Make it a Good Day

BINGO

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| Say hello to people you pass | Write someone a thank you note | Ask someone about their day | Run an errand for a friend or neighbor | Share something with someone else |
| Write a poem for someone special to you | Start a conversation with someone new | Compliment good customer service | Read to someone with poor eyesight | Surprise a loved one with a phone call or email |
| Avoid an argument | Compliment someone |  | Let someone go in front of you in line | Ask if someone needs help |
| Sing a happy song out loud | Smile at people you pass | Send a "thinking of you" card | Hug somebody or pat them on the shoulder | Help somebody without being asked |
| Tell people how much they mean to you | Ask someone to dance even if there's no music | Ask people how they are | Give someone a "high five" | Thank someone in person |

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