

# GOODHUMANBINGO

Complete a row of squares (vertical, horizontal, or diagonal)  
or go crazy and fill up the entire sheet!

Cook someone a meal or take someone out for lunch	Bring donuts or coffee to your coworkers	Call your parents or grandparents to tell them you love them	Give your time to a local shelter or charity	Hand an encouragement card to a stranger
Offer to help a stranger in need	Give a \$5 or \$10 grocery store gift card to a stranger	Look up from your phone & engage	Add more change to an expiring parking meter	Let someone in front of you in line
Leave a note/small gift for your mail courier	Give up a good parking spot for someone else	Smile  at strangers	Help someone struggling with heavy bags	Leave some encouragement cards in public places
Buy a coffee for a stranger in line behind you	Bring a gift basket to a hospital nurse's station	Take your earphones off when shopping	Hold the elevator door open	Bring your neighbour's trash bins up from the curb
Give up your seat on a crowded bus to someone who needs it	Send a postcard or greeting card to someone not expecting it	Hold the door open for a stranger	Bring coffee/ hot chocolate to a homeless person	Compliment a stranger

[#goodhumanexperiment](#)



Do Good Stuff ♥ Get Happier ♥ Change the World.