[Mental Health Awareness Week](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

Kindness Bingo!

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| Help with the housework | Help to cook dinner | Read to someone special |
| Tell someone three things you like about them | Make up your own random act of kindness! | Put something in the recycling bin |
| Call someone you miss to see how they are | Be kind to yourself by doing some exercise | Play a board game with someone special |