**February Employer Sponsored Activity: Kindness Bingo**

February 14 – 20, 2021 is Random Acts of Kindness week. Everyone can use a little kindness, especially right now! Research has shown that there are physical benefits when we see kindness and when we share kindness. It releases oxytocin which is the “feel good” hormone and reduces our stress levels. It has the same effect on our bodies as receiving a hug.

When we focus on others and share kindness with them it helps us in the following ways:

* Helps take our mind off our own worries
* Reminds us we are not alone when it comes to troubles and concerns
* Gives us a sense of purpose
* Connects us with others in a meaningful way

The purpose is to do random acts of kindness every day of the month except for a few days since there are only 25 bingo spots. Every day you can cross off one kindness task after you have completed it. Once you have completed the kindness challenge and crossed off all the boxes you can email \_\_\_\_\_\_\_\_with a picture of your bingo card. Hopefully, participating in this challenge will encourage you to continue and recognize acts of kindness even when there is not a bingo sheet to fill out.

Additional Resources:

* [Random Acts of Kindness](https://www.randomactsofkindness.org/)