

**Kindness Week 2019 is all about celebrating and inspiring
acts of kindness in and around our community.**

Use this BINGO board however you wish (complete 5 in row, Bingo 2 ways, as many as you can, etc.) to help inspire your own kindness journey. Share your experiences with friends and family and encourage others to join your quest for kindness this week and in the future!

**Please share stories and/or pictures with us on social media using the hashtag
#WestboroughKindnessWeek2019**

Kindness Week				
B	I	N	G	O
Smile at everyone you see today	Paint a "kindness rock" and leave it somewhere around town	Make a plan to do something that makes YOU truly happy	ADD YOUR OWN IDEA HERE	Spot the WPS "Free Hugs and Kindness Van" around town or offer "free hugs" to your own friends and family
ADD YOUR OWN IDEA HERE	Leave a cheerful note for someone else to find	Let someone go ahead of you in line or in traffic	Sign up to participate in the Westborough Community Land Trust's town-wide clean-up on April 13th (visit their website at westboroughlandtrust.org)	Donate toys, books, and/or clothing you no longer need
Brainstorm a family plan that includes ways to conserve energy or create less waste	Offer to do something to help someone else	ADD YOUR OWN IDEA HERE	Give someone a compliment today	Show special attention to an animal (play with your pet, feed the birds)
Complete the QR Code Kindness Week Challenge (5 locations)	ADD YOUR OWN IDEA HERE	Tell a joke to make someone laugh	Write a thank-you note to show appreciation to someone	Read a "kindness-themed" book from the public library's displays or from your own collection View the "Kindness Booklist" at westboroughconnects.org/resources
Introduce yourself to someone new	Start a "Gratitude Journal" and record what you are thankful for each day	Write positive chalk messages on the sidewalk with WPS at the Senior Center Tuesday, April 9 th from 2:30-3:30pm or in your own neighborhood	Visit an elderly neighbor, senior-living community, or nursing home	ADD YOUR OWN IDEA HERE

For additional Kindness Week Bingo ideas, please visit westboroughconnects.org/resources

******* If you are interested, BINGO boards may be exchanged for a small Kindness Week token at either the Community Movie Night at Mill Pond School on Friday, April 12th, or at the Westborough Public Library from April 13th - April 21st.

Kindness Week Events and Community “Partners-in-Kindness”

****Attend any of these events and write it into a blank spot on your Kindness BINGO card!****

Sunday, April 7th

“Kickoff to Kindness Week” event at the Mill Pond School from 2-5pm.

ALL WEEK

The Westborough Public Library will offer kindness-related titles and displays.

The Westborough Public Schools’ “Free Hugs and Kindness Van” will travel throughout Westborough bringing hugs and kindness to community members.

Monday, April 8th

Learning Express Toys will host a free kindness-related story and craft at 11am.

The Westborough Police Department will host “Coffee with a Cop” at Red Barn Coffee from 9-11am. Grab a cup of coffee with your local officers to tell about yourself and share your concerns!

SPARK Kindness, of Natick, will host special guest and journalist of NPR’s “Kind World”, Thomas Melville, during a community storytelling event and celebration of kindness. The event takes place from 7-8:30pm at the Morse Institute Library in Natick, MA.

Tuesday, April 9th

The Westborough Public Schools will lead a “Chalking the Walks” activity at the Westborough Senior Center from 2:30-3:30pm

Yummy Mummy Bakery will offer an afternoon of mini sweet treats for sharing, available for free at the shop on West Main St, from 2-5pm (for the first 200 people).

Wednesday, April 10th

Learning Express Toys will host a free kindness-related story and craft at 11am.

Release Well-Being Center will host a free Kindness Meditation from 4:15-4:45pm.

Thursday, April 11th

Westborough Public Schools’ “Free Hugs and Kindness” van will be stationed behind the BORO Sugar Shack with music and good vibes from 2-4:30pm. Visit the BORO Sugar Shack that afternoon for free Hershey’s “hugs and kisses”!

Friday, April 12th

Free community viewing of the film “Wonder” at the Mill Pond School at 6:30pm. Doors open at 6:15. Bring your “spark kindness” luminary and BINGO board to exchange for a kindness week token.

Saturday, April 13th

Westborough Community Land Trust’s town-wide clean-up. Sign up on their website at westboroughlandtrust.org