



World Kindness Day Bingo!



Shout out local businesses that support repro rights	Bake (or buy) a treat to share at work or with friends	Give a friend a compliment	Share a Trust Women tweet on your profile	Be kind to you – Treat yourself to something!
Donate to your local abortion fund	Do a closet cleanout and donate clothing	Purchase another customer's coffee	Make a gratitude list	Donate to your state abortion fund
Post a good review for a local business	Make a donation to any cause you care about	FREE SPACE!	Pick up litter	Volunteer at a local organization
Share a Trust Women Instagram post on your story	Be kind to you and say something nice to yourself!	Plant a tree	Give a family member a compliment	Donate to your local food pantry
Send an encouraging note to a friend	Take in nature	Shout out local businesses that support 2SLGBTQ+ rights	Do a meditation	Share a Trust Women Facebook post