

KINDNESS BINGO 2018

Attributes and Guidelines



Green Living
Association
Be making /



World
Kindness
Pakistan



Kids Action

Kindness BINGO 2018 (Background)

Each of us has the same right to pursue happiness and avoid suffering. When we recognize that all beings are equal in this respect, we instinctively feel empathy and closeness for them. Out of this, in turn, comes a genuine sense of national and then universal responsibility; the wish to actively help others overcome their problems. Of course, this sort of compassion is by nature, peaceful and gentle, but it is also very powerful. It is the true sign of inner strength.

Kindness is like a habit we develop by practice, it is nurtured with care and love and brings joy to both the giver and the receiver. When we are inspired we start offering kindness in the name of love, not recognition, and we receive LOVE back from so many of the people we reach out with our sincere acts and expressions of Kindness. This is human psychology - most of us are alike.

With the expression of Kindness we can bring the values like empathy, forgiveness, compassion and consideration back into our lives. This can **revolutionize our lives** by developing our ties within our **families, society** and obviously the **entire nation**.

Green Living Association, a member of the **World Kindness Movement** and **Clean Up the World** and partner of **United Nations Environment Programme (UNEP)**, is successfully running the campaign '**Kindness Pakistan**' to bring love, peace and social harmony among various parts of the nation in making a unified Pakistan and a Peaceful world.

'**Kindness BINGO 2018**' a fascinating game for the students and their families to bring love, compassion and kindness in their lives with an opportunity of winning exclusive prizes and rewards from **World Kindness Movement** and **Green Living Association**.

Kindness BINGO – the Activity

'**Kindness Bingo**' is a fascinating game for the students and their families who are to read 25 kindness stories and to select and order **five kindness stories** from those into a specific '**BINGO Pattern**' to win lucrative prizes. The impact of Kindness Bingo on the participating families is however much greater than merely winning a prize.

Each participating family is going to read 25 Kindness stories from their category's Kindness Guidebook and to select 5 best stories and bring those into the **BINGO Pattern**. The activity also includes '**Creative Writing**' on Kindness in making the

game more interesting and result oriented. In making the activity more **attractive** than ever, we have announced **greater recognition** for the participants, in fact, every participant is to achieve something out of **Kindness BINGO**.

In making the activity even more inspiring we have announced **a wide range of prizes and awards for the participants. Besides Rs. 100,000 Cash Prize, Kindness Star Prizes, Exclusive Gold & Silver Medals, World Kindness Reps Insignias, Kindness Icons (Town winners) and Honour Shields**, there is a **precious Recognition Certificate from 'World Kindness Movement'** and **Green Living Association** for each Green Angel (participant of the activity).

The real reward of joining '**Kindness BINGO**' is however much precious than just winning the prizes. It's developing the habit of kindness which we develop by practice; it is nurtured with care and love and brings joy to both the giver and the receiver. **Kindness BINGO** introduces kindness in many forms; some in helping others either directly or indirectly, some in form of helping and showing love to the lesser beings. No doubt, expression of Kindness could be a promising initiative in bringing love, care and unity to our families and in broader sense in building national harmony while recognizing different background cultures, faiths and traditions of our fellow citizens.

Guidelines

- ✚ This time, the students from grade preschool to 12 are categorised in **3 categories** in the following manner:

Category 1 (Grades preschool to 3), Category 2 (Grades 4 to 7)
& **Category 3 (Grades 8 to 12)**

- ✚ To participate in "**Kindness BINGO**" the campus administration is to email the soft copies of Registration Form and the students list to email id: greenpartners2020@gmail.com.
- ✚ The participants' registration fee is to be sent as a demand draft/ banker's cheque in the name of **Green Living Association** to be drawn at Lahore through a reliable courier along with the hard copies of Registration Form and the participants' list.
- ✚ Per student registration fee is just **Rs. 300/-** and the **last date** to send registration of your Green Angels is given in the start (covering page of this mail).

- ✚ The worksheets will be sent to **you within 2 days of receiving the registration documents** with a covering letter showing the **last date of sending the filled worksheets back** to us.
- ✚ Please deliver the Worksheets to the participants and **allow them to take those sheets home** (to be worked out in association with their families) and to return the filled Worksheets back to you on the given timeline by you.
- ✚ As a productive way of forwarding Extracurricular Education to kids and through kids to all societal segments, each Green Angel is encouraged to **make 4 supporters** (among the family members), and to **work out the assignment in their association**, with the **support from the guidebooks**.
- ✚ **All categories Guidebooks** could be found online on the **websites of Green Living Association** (www.greenlivingasc.org & www.greenlivingpakistan.org) and World Kindness Movement Pakistan (www.kindnesspakistan.org)

Prizes and Awards



First Prize: Rs. 100,000 Cash Prize
For the Kindness Crown (Top National Winner) with a Crown Shield

Prize # 2

200 Kindness Stars

(The prominent performers of the activity)

Signature T-Shirts along with the Star Shields and Certificates from the World Kindness Movement & Green Living Association



Prize # 3

Exclusive Gold Medallists

(The Bright Performers of the activity)
Gold Medals from the World Kindness Movement & Green Living Association



Prize # 4

Exclusive Silver Medallists

(The Shining Performers of the activity)
Gold Medals from the World Kindness Movement & Green Living Association



Prize # 5

2000 World Kindness Reps

(For the Brilliant Performers of the activity) Specially designed Insignias from the World Kindness Movement & Green Living Association



Prize # 6

Kindness Icons (the Town Winners)



A photo frame, Super Green Angel's Shield and Certificate for the Campus Winner from each

participating campus¹

Prize # 7

For Every Green Angel (Participating Student)

A Valuable Certificate of Appreciation from the World Kindness Movement & Green Living Association



¹ At least 50 students participation is must to attain this prize

School's Administration Awards

Best Participation Award (based on number of participants)

A Valuable Gift and the Honour Shield
From the **World Kindness Movement & Green Living Association** for the Campus Head and the Activity Head



Remarkable Participation Award A Precious Gift and Honour Shield

From the **World Kindness Movement & Green Living Association** for the Campus Head and the Activity Head



Excellent Participation Award A Productive Present & Honour Shield

From the **World Kindness Movement & Green Living Association** for the Campus Head and the Activity Head



Distinguished Administration Shields

From the World Kindness Movement & **Green Living Association** for the Campus Head and the Activity Head **with participation of 100 or more Green Angels** in the activity.

Certificates of Recognition

From the World Kindness Movement & **Green Living Association** for the Campus Head and the Activity Head **with participation of 75 or more Green Angels** in the activity.



Prize Distribution

The results of 'Kindness BINGO' will be announced in the start of **June-2018** and the prizes will be distributed during the same month.

Contact Details for Registration Process & Correspondence

The Programme Director
Green Living Association
Programme Office # 10, 2nd Floor, Al-Hafeez View Studio Apartments
67-D-1, Liberty Commercial Zone Gulberg III Lahore
Phone: 042-35774640, 35774790

For more information and assistance please contact:

Ms. Amna Fayyaz (Programme Manager)
Phone No. 042-35774790, Mobile phone: 0334-4359996

Ms. Ateeqa Ijaz (Programme Coordinator)
Phone No. 042-35774791

Or Contact the Programme Director:
042-35774640

You can send us an email:

greenlivingassociation@gmail.com & greenpartners2020@gmail.com

Or please visit our websites:

www.greenlivingasc.org www.greenlivingpakistan.org www.kindnesspakistan.org

How to Play the Game ?

There are 25 Kindness stories in a Guidebook. The participants are to select the best 5 stories out of those and to arrange in the BINGO order as set by GLA.

You are to write 'B' in the box of the most inspiring story, 'I' for the next inspiring story and so on - to put all the 5 alphabets 'BINGO' in the boxes of your choice to make a pattern.

B I N G O

1B	2I	3V	4G	5O
6	7	8	9G	10
11B	12	13	14	15
16	17	18	19	20
21B	22	23	24	25