Self Compassion Bingo

Try something new	Arts and Crafts	Give yourself a compliment	Take a shower	Play with a pet
Do something you enjoy	Think about happy memories	Punch a punching bag	Cooking	Start a hobby or project
Talk to a friend	Use positive self-talk	**FREE**	Dance	Listen to music
Muscle relaxation	Take a time out	Play cards	Let yourself cry	Pray or meditate
Go outside	Deep breathing	Read	Write in a journal	Exercise

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Self Compassion Bingo

Use positive self-talk	Cooking	Take a shower	Do something you enjoy	Punch a punching bag
Give yourself a compliment	Write in a journal	Play with a pet	Deep breathing	Start a hobby or project
Muscle relaxation	Dance	**FREE**	Listen to music	Arts and Crafts
Let yourself cry	Read	Try something new	Exercise	Take a time out
Play cards	Pray or meditate	Talk to a friend	Think about happy memories	Go outside

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Self Compassion Bingo

Deep breathing	Read	Cooking	Pray or meditate	Dance
Try something new	Muscle relaxation	Play cards	Think about happy memories	Play with a pet
Talk to a friend	Exercise	**FREE**	Take a time out	Let yourself cry
Use positive self-talk	Start a hobby or project	Take a shower	Write in a journal	Give yourself a compliment
Listen to music	Arts and Crafts	Punch a punching bag	Do something you enjoy	Go outside

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