# 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 pillow | 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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