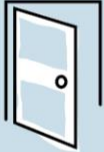














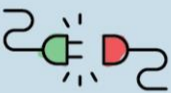












# LOVING-KINDNESS BINGO

Challenge yourself or others to a game of Loving-Kindness Bingo. The goals are to complete a line of squares (horizontally, vertically, or diagonally) and prioritize compassion for yourself and others in the process. Offering genuine acceptance, understanding, and companionship can have a big impact on your wellbeing and the wellbeing of others.

<p><b>Hold the door open for someone</b></p> 	<p><b>Offer a compliment to a colleague or friend</b></p> 	<p><b>Use positive and encouraging language</b></p> 	<p><b>Give your full attention when someone is speaking</b></p> 	<p><b>Smile at people you encounter throughout the day</b></p> 
<p><b>Challenge harsh or negative thoughts</b></p> 	<p><b>Ask someone how their day was and really listen</b></p> 	<p><b>Speak to yourself with the same kindness as you do with a loved one</b></p> 	<p><b>Help someone with a task or chore</b></p> 	<p><b>Surround yourself with people who uplift you</b></p> 
<p><b>Offer encouraging words to someone who is struggling</b></p> 	<p><b>Reframe a mistake as a learning opportunity</b></p> 	<p><b>Read, watch, or listen to something that inspires you</b></p> 	<p><b>Do things that bring you joy and fulfillment</b></p> 	<p><b>Acknowledge 3 things you're grateful for</b></p> 
<p><b>Give yourself permission to rest when you need it</b></p> 	<p><b>Do a random act of kindness for someone else</b></p> 	<p><b>Speak or write down words of affirmation</b></p> 	<p><b>Share an inspiring quote or story</b></p> 	<p><b>Acknowledge 3 good things that happened today</b></p> 
<p><b>Express appreciation for someone's efforts</b></p> 	<p><b>Take a moment to celebrate a small win</b></p> 	<p><b>Acknowledge someone who has made a difference in your life</b></p> 	<p><b>Replace self-criticism with self-compassion</b></p> 	<p><b>Accept yourself just as you are</b></p> 