BINGO of Empathy

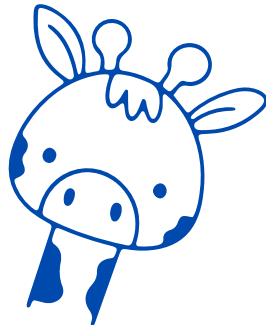|				
	I took a break from technology during the day	I did something kind to someone today	I said nothing negative today	I took some time to rest today
I enjoyed guilt-free a small treat for myself		I expressed honestly my needs today	I said something kind to myself today	I showed compassion to myself today
I showed vulnerability today, it was powerful	I did a small treat to a friend this week		I had a small talk with a stranger today	I acknowledged my needs and feelings today
I can name 3 personal strengths that make me proud	I can name 3 things I'm grateful for today	I observed things today without judgement	I am doing the best I can right now	
I gave someone a compliment today	I smiled at a stranger	I said no today		I made someone smile today

Instructions

Print the BINGO table for each participant of the group. You can also send it digitally, if everyone has access to some device. The task is to talk to other people of the group and ask them one by one if what is written in one box in the table is true for them today. If it's true, the box can be crossed out. If it's not, you can ask the same person another question from another box. If participants do it digitally, they can put marks in the boxes in the edit mode.

The final goal is to cross all the boxes in the same row or in the same column or diagonally. You don't have to do anything with the giraffe in the middle (it is considered as a crossed box). The empty boxes mean that you can write down some other form of the empathy that the person, with whom you talk, practised today. Once the row or the column or the diagonal are fully crossed out you shout "BINGO!" and the game is considered to be finished.