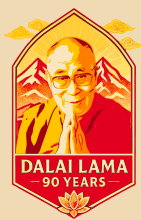


COMPASSION RISING BINGO GAME



Join us at CompassionRising.com or
@CompassionRisingWorldTour on Instagram.

Compassion Bingo Game

A playful way to spread kindness — one square at a time.

Inspired by the Dalai Lama's message of peace and compassion, this simple game invites you to take action. Each square is a chance to connect, uplift, and inspire.

How to Play

1

Get a Card

Each participant receives a Bingo card with 25 kind actions — like “Compliment a stranger” or “Hold the door for someone.”

2

Do the Acts

- Complete the actions during the event or afterward. Mark off each square as you go.

3

Aim for Bingo

Try to complete a row, column, or even the full card!

4

Share & Celebrate

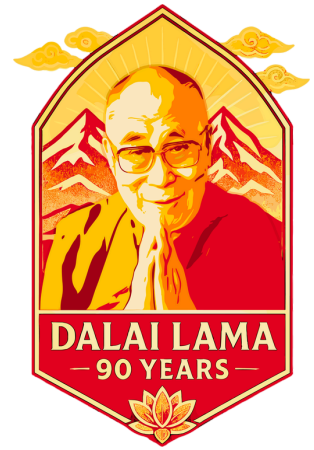
Trade stories with others or post your experience using **#CompassionRising**.

(Optional: offer a small prize or sticker for completing a row.)

Tips for Hosts

- Display a sample card for inspiration.
- Offer pens or stickers for marking squares.
- Set up a space for participants to share favorite acts.
- Provide extra cards for guests to take home and continue spreading compassion on their own time.

COMPASSION BINGO



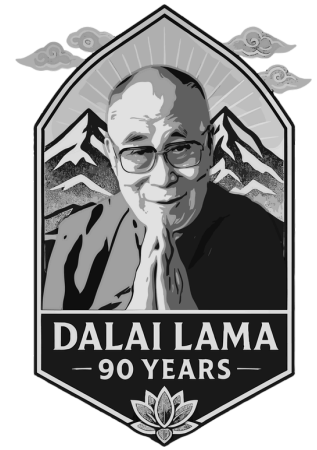
Try completing the kind acts on your card and mark them off as you go. Aim for a full row, column, or fill the whole card! You can play alone or with others. Each square is a chance to show kindness and honor the Dalai Lama's message of peace and compassion.

Let's spread compassion, one square at a time!

B	I	N	G	O
Compliment a stranger	Call a family member just to say hi	Help someone carry something	Write a thank you note	Donate clothes or toys
Watch a documentary on the life of The Dalai Lama	Give someone a genuine smile	Take an action to support peace & justice for Tibet	Learn more about Tibet at SaveTibet.org	Take time to meditate
Tell a child what makes them special	Leave a kind note in a public place		Share a teaching from the Dalai Lama	Let someone go ahead in line
Send an encouraging text to a friend	Tell someone you appreciate them	Plant a tree or flower	Recycle something today	Help an elder with technology
Write a message of kindness on social media	Support a Tibetan artisan or business	Write a message of gratitude to the Dalai Lama	Listen without interrupting	Join us at CompassionRising.com

Join us at CompassionRising.com or [@CompassionRisingWorldTour](https://www.instagram.com/CompassionRisingWorldTour) on Instagram.

COMPASSION BINGO



Try completing the kind acts on your card and mark them off as you go. Aim for a full row, column, or fill the whole card! You can play alone or with others. Each square is a chance to show kindness and honor the Dalai Lama's message of peace and compassion.

Let's spread compassion, one square at a time!

B	I	N	G	O
Compliment a stranger	Call a family member just to say hi	Help someone carry something	Write a thank you note	Donate clothes or toys
Watch a documentary on the life of The Dalai Lama	Give someone a genuine smile	Take an action to support peace & justice for Tibet	Learn more about Tibet at SaveTibet.org	Take time to meditate
Tell a child what makes them special	Leave a kind note in a public place		Share a teaching from the Dalai Lama	Let someone go ahead in line
Send an encouraging text to a friend	Tell someone you appreciate them	Plant a tree or flower	Recycle something today	Help an elder with technology
Write a message of kindness on social media	Support a Tibetan artisan or business	Write a message of gratitude to the Dalai Lama	Listen without interrupting	Join us at CompassionRising.com

Join us at CompassionRising.com or [@CompassionRisingWorldTour](https://www.instagram.com/CompassionRisingWorldTour) on Instagram.