

PARENT Compassion BINGO

Smile at your child	Ask your child how they are feeling	Write an encouraging note to your child	Talk to your child about their day	Say: "I'm sorry you're feeling sad. How can I help?"
Give your child a "rewind" to let them try again to get something right	Listen to your child without judgment	Ask your child if they need help with anything	Say something kind to your child	Take turns sharing about your day
Help your child do a chore	Say something encouraging to your child		Offer to help your child solve a problem	Tell your child what they are good at
Help your child with homework	Look your child in the eyes when they talk to you	Volunteer in the community with your child	Show empathy to your child	Apologize for a mistake
Invite your child to spend time with you	Say "please" and "thank you" to your child	Say something helpful to your child	Give a "thank you" card to your child	Send a kind text to your child