

B	I	N	G	O
Something positive that happened this week	1 goal that i have	I am helpful because	Share about a time when you replaced a negative thought	I can stop my worry thoughts by...
I am caring because...	Something new that i tried even though i was scared	Name 1 strength	1 thing i am thankful for...	Practice using positive affirmation
Share about the people you can talk to when you are worried	name 1 strength	FREE	I am a good friend because...	I am smart because
I am talented because..	Share about a time when you used a helpful coping skill	I can feel better by...	I am responsible because	I controlled my anger when...
I am proud of myself because...	I am brave because...	One thing i succeeded doing	practice replacing a negative thought	I am happiest when

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name 1 strength	1 thing i am thankful for...	Share about a time when you replaced a negative thought	I am caring because...	Name 1 strength
I am helpful because	practice replacing a negative thought	I can stop my worry thoughts by...	I am brave because...	Practice using positive affirmation
I am talented because..	I am a good friend because...	FREE	I am smart because	1 goal that i have
I am responsible because	One thing i succeeded doing	Something positive that happened this week	I am happiest when	Share about a time when you used a helpful coping skill
I can feel better by...	I controlled my anger when...	Share about the people you can talk to when you are worried	Something new that i tried even though i was scared	I am proud of myself because...

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I am brave because...	One thing i succeeded doing	1 thing i am thankful for...	I controlled my anger when...	I am a good friend because...
Something positive that happened this week	I am talented because..	I can feel better by...	Something new that i tried even though i was scared	I can stop my worry thoughts by...
Share about the people you can talk to when you are worried	I am happiest when	FREE	Share about a time when you used a helpful coping skill	I am responsible because
name 1 strength	Practice using positive affirmation	Share about a time when you replaced a negative thought	practice replacing a negative thought	I am helpful because
I am smart because	1 goal that i have	Name 1 strength	I am caring because...	I am proud of myself because...