

B	I	N	G	O
You get a stain on your new shoes and you think they're ruined and can't be worn anymore	"I bet no one will come to my birthday party."	"I had a fun day at the park but I can't stop thinking about the ice cream I didn't get."	Blowing things up	"I think I'll fail the test even though I haven't taken it yet."
"I forgot my homework and now I think my teacher will hate me forever."	Ignoring the good	"I'm not allowed to see my friends on Friday. My life is HORRIBLE!"	"I can't go to the doctor's appointment because I'm sure it's going to hurt a lot."	"My mom praised me for cleaning my room but I'm upset about the toys I still need to organize."
I had a fun playdate but I'm sad because it's over."	You get one answer wrong and can only think about the mistake	FREE	"I can't join the soccer team because I'm sure I'll be the worst player on the team."	"I lost my game so I'm sure I'll never win again."
"I made a cool drawing but I'm not happy because it's not perfect."	Fortune telling	"I missed one day of school and 'I'm certain I'll never catch up on all the work.'"	"I know if I ask her to come over she's going to say no."	"I won't try out for the school play because I'm convinced I'll forget my lines and ruin everything."
"I had an argument with my friend and now I think we can never be friends again."	"I didn't get invited to the sleepover so I'm sure I have no friends."	"I'm not joining the art club because I'm sure my artwork will be the worst there."	You score two goals at your soccer game but you can only think about the one you missed	"I got a new toy but I'm disappointed because it's not exactly the one I wanted."

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