

B	I	N	G	O
Trying Again	Accepting Myself	Getting Enough Sleep	Setting Boundaries	How often I Smile
Doing my homework	Talking to Someone	My Mistakes	Asking for Help	Self-Talk
Taking a Break	When I Help Others	What I Can Control Free Space	Being Honest	How I Treat Others
How I react to others	Taking Care of My Body	How Much Effort I Put Forth	How I Respond to Conflict	My Feelings
Goals	Being Kind	My Words	When I Use Coping Skills	Forgiving Others

B	I	N	G	O
When I Help Others	Asking for Help	Setting Boundaries	Doing my homework	My Mistakes
Getting Enough Sleep	When I Use Coping Skills	How often I Smile	Being Kind	Self-Talk
How I react to others	Being Honest	What I Can Control Free Space	How I Treat Others	Accepting Myself
How I Respond to Conflict	My Words	Trying Again	Forgiving Others	Taking Care of My Body
How Much Effort I Put Forth	My Feelings	Taking a Break	Talking to Someone	Goals

B	I	N	G	O
Being Kind	My Words	Asking for Help	My Feelings	Being Honest
Trying Again	How I react to others	How Much Effort I Put Forth	Talking to Someone	How often I Smile
Taking a Break	Forgiving Others	What I Can Control Free Space	Taking Care of My Body	How I Respond to Conflict
When I Help Others	Self-Talk	Setting Boundaries	When I Use Coping Skills	Getting Enough Sleep
How I Treat Others	Accepting Myself	My Mistakes	Doing my homework	Goals