

B	I	N	G	O
What type of music improves your mood?	Are you confident all the time? Why or why not	Acceptance	Give someone in the group a high five	Stand up and say "I am _____ and I can do anything I set my mind to"
Negative Self Talk	Do you feel safe with yourself?	What does self-esteem mean to you?	Share a happy event in your life	Compliment the person to the right of you.
What do you enjoy or love doing?	What would you do if you knew you couldn't fail?	FREE	Describe a short or long term goal you have	I'm happiest when I _____.
What does self-care mean to you?	Name 2 things you do for self-care	Talk about the three things you are grateful for.	Name something you are good at	Share a happy event in your life
Stand up and let everyone give you an applause	High Self esteem	Give yourself a compliment	Positive Self Talk	Give the person across from you a compliment.

B	I	N	G	O
Describe something someone could do to make you happy.	Do you feel like making a mistake makes you a bad person?	Say something positive about yourself	Negative Self Talk	Name something you would like to be better at.
Describe a short or long term goal you have	What does self-care mean to you?	Talk about someone you admire	I'm happiest when I _____.	My favorite part of the day
What does self-esteem mean to you?	Compliment the person to the right of you.	FREE	What would you do if you knew you couldn't fail?	Are you confident all the time? Why or why not
Share a happy event in your life	Stand up and say "I am _____ and I can do anything I set my mind to"	Positive Self Talk	Name 2 things you do for self-care	Do you have healthy relationships?
Give someone in the group a high five	Share a happy event in your life	Stand up and let everyone give you an applause	Share a characteristic you admire	What do you do well?

B	I	N	G	O
Describe something someone could do to make you happy.	Do you feel safe with the people around you?	Share a happy event in your life	Negative Self Talk	Do you feel safe with yourself?
Stand up and let everyone give you an applause	Positive Self Talk	Are you confident all the time? Why or why not	I'm happiest when I _____.	Acceptance
Name something you would like to be better at.	Say something positive about yourself	FREE	What type of music improves your mood?	Do you feel like making a mistake makes you a bad person?
Who is someone you admire?	Who always makes you feel better about yourself?	Do you have healthy relationships?	Describe a short or long term goal you have	Talk about someone you admire
Share a happy event in your life	Give a compliment to the person to your left	What would you do if you knew you couldn't fail?	Compliment the person to the right of you.	Stand up and say "I am _____ and I can do anything I set my mind to"