

B	I	N	G	O
Try 2 bites of plain pasta	Bake a new dessert to share	Finish a book I start	Take a break in my room on my own	Pick a new dinner recipe to try
Eat dinner with my family	Try 2 bites of pasta with cheese or red sauce	TBD	Bake a new dessert to share	Try 2 bites of a new food
Try 2 pieces of new fruit	Eat 2 items in the cafeteria	FREE	Journal for 10 minutes	Journal for 10 minutes
Take a break when mom or dad ask	Make dinner for family and eat with them	TBD	Finish a book I start	Read panic material with mom or dad
Eat 3 food items in the cafeteria	Take a break when mom or dad ask	Find a dip for veggies I like	Use an "I feel" statement when I'm upset	Find a food with nuts I like

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Take a break in my room on my own	Journal for 10 minutes	Finish a book I start	Read panic material with mom or dad	Eat 2 items in the cafeteria
Journal for 10 minutes	Bake a new dessert to share	FREE	Finish a book I start	TBD
Find a food with nuts I like	Try 2 bites of plain pasta	Find a dip for veggies I like	Take a break when mom or dad ask	Eat 3 food items in the cafeteria
Pick a new dinner recipe to try	Have a school playdate using my strong voice	Try 2 bites of a new food	TBD	Try 2 bites of pasta with cheese or red sauce

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Take a break when mom or dad ask	Try 2 bites of a new food	Use an "I feel" statement when I'm upset	Make dinner for family and eat with them	Eat 2 items in the cafeteria
TBD	Bake a new dessert to share	FREE	Journal for 10 minutes	Finish a book I start
Have a school playdate using my strong voice	Pick a new dinner recipe to try	Eat 3 food items in the cafeteria	Bake a new dessert to share	Try 2 bites of plain pasta
Try 2 bites of pasta with cheese or red sauce	TBD	Journal for 10 minutes	Read panic material with mom or dad	Find a dip for veggies I like