

Squirrel Bingo

Tried something new	5 pieces of trash to bin	Donated 5 items	Put Lotion on Arms	Maintained a thought
Controlled Anger/Emotions	Square or Triangle Breathing	Picked/Hung Up Clothes	Bedtime/Lights out by 9pm	Recycled or shredded old papers
Chose a home for something that needed one	Healthy Meal	FREE	Learned Something	Put away 5 things
Made something with my hands	Positive Self Talk	Headspace or other meditation	On time to work/school/appointment	Drank full water bottle
Cleaned nightstand	Completed a Task	Organized a Drawer/Space	Did a random act of kindness for someone	Played with George

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Walked outside with George	Put Lotion on Legs	Positive Self Talk	Picked/Hung Up Clothes	Put away 5 things
Cleaned nightstand	Completed a Task	Played with George	On time to work/school/appointment	Controlled Anger/Emotions
Organized a Drawer/Space	Bedtime/Lights out by 9pm	FREE	Healthy Meal	5 pieces of trash to bin
Maintained a thought	Tried something new	Woke-Up On Time	Did a random act of kindness for someone	Chose a home for something that needed one
Put Lotion on Arms	Did not over-buy	Learned Something	Donated 5 items	Headspace or other meditation

Squirrel Bingo

Organized a Drawer/Space	Controlled Anger/Emotions	Positive Self Talk	Played with George	Did not over-buy
Bedtime/Lights out by 9pm	Woke-Up On Time	Donated 5 items	Walked outside with George	Took Vitamins
Did a random act of kindness for someone	Put away 5 things	FREE	Made something with my hands	Put Lotion on Arms
5 pieces of trash to bin	Completed a Task	On time to work/school/appointment	Learned Something	Healthy Bed Time
Tried something new	Chose a home for something that needed one	Recycled or shredded old papers	Cleaned nightstand	Square or Triangle Breathing