

Squirrel Bingo

Tried something new	Bedtime/Lights out by 9pm	5 pieces of trash to bin	Donated 5 items	Played with George
Made something with my hands	Completed a Task	Took Vitamins	Organized a Drawer/Space	Celebrated a recent success
Played an instrument	Recycled or shredded old papers	FREE	Used Lip Balm or Lotion	Chose a home for something that needed one
Healthy Bed Time	Healthy Meal	Positive Self Talk	Learned Something	Planned a family meal
Gave someone a compliment	Drank full water bottle	Maintained a thought	Communicated with a friend	On time to work/school/appointment

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Made something with my hands	Learned Something	Celebrated a recent success	Square or Triangle Breathing	Cleaned nightstand
Played with George	Healthy Bed Time	Chose a home for something that needed one	Healthy Meal	Took Vitamins
Used Lip Balm or Lotion	Bedtime/Lights out by 9pm	FREE	Organized a Drawer/Space	Maintained a thought
On time to work/school/appointment	Helped someone without being asked	Controlled Anger/Emotions	Donated 5 items	Picked/Hung Up Clothes
Played an instrument	Put away 5 things	Communicated with a friend	Planned a family meal	Completed a Task

Squirrel Bingo

Planned a family meal	Maintained a thought	On time to work/school/appointment	Bedtime/Lights out by 9pm	Healthy Bed Time
5 pieces of trash to bin	Learned Something	Completed a Task	Tried something new	Cleaned nightstand
Woke-Up On Time	Walked outside with George	FREE	Controlled Anger/Emotions	Celebrated a recent success
Played with George	Organized a Drawer/Space	Did not over-buy	Used Lip Balm or Lotion	Made something with my hands
Communicated with a friend	Played an instrument	Healthy Meal	Donated 5 items	Chose a home for something that needed one