

B	I	N	G	O
Write in Journal	Bloom	Give yourself a facial	Think about happy memories	Positive self talk
Eraser	Vibe	Sketchbook	Celebration	TRAC
Trust	Yoga	FREE	Cook	Paint
Peace	Trac	Pencils	Kindness	SNUG
Hug someone	Embrace	Soar	sip	Friendship

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Give yourself a facial	sip	Positive self talk	Embrace	TRAC
Peace	Cook	FREE	Paint	Bloom
Kindness	Soar	Write in Journal	Friendship	Trac
Pencils	SNUG	Trust	Vibe	Hug someone

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Paint	Bloom	Sketchbook	Eraser	Hug someone