B	I	N	G	O
Think happy memories	Affirmation	Cook	Kindness	Friendship
Color/Paint	Talk with a friend	Girl Power	Bloom	Journey
Self Reflection	Use positive self talk	**FREE**	Butterfly	Equality
Express gratitude	Morning stretch	Flight	Encourage	Get active/play a sport
Drink Water	Celebration	Intuition	Yoga	Color/Paint

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B	I	N	G	O
Use positive self talk	Bloom	Kindness	Color/Paint	Girl Power
Cook	Yoga	Friendship	Celebration	Journey
Express gratitude	Butterfly	**FREE**	Equality	Affirmation
Encourage	Intuition	Think happy memories	Color/Paint	Morning stretch
Flight	Get active/play a sport	Self Reflection	Talk with a friend	Drink Water

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B	I	N	G	O
Celebration	Intuition	Bloom	Get active/play a sport	Butterfly
Think happy memories	Express gratitude	Flight	Talk with a friend	Friendship
Self Reflection	Color/Paint	**FREE**	Morning stretch	Encourage
Use positive self talk	Journey	Kindness	Yoga	Cook
Equality	Affirmation	Girl Power	Color/Paint	Drink Water

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