

B	I	N	G	O
TRAC	Affirmation	Express gratitude	Pencils	Journey
Courage	Soar	Moment to reflect	Ask for help	Sketchbook
Use positive self talk	Bloom	FREE	Love	Hide
Challenges	Hug someone	Play a board game	Intuition	Peace
SNUG	Get active/play a sport	Friendship	Kindness	Butterfly

B	I	N	G	O
Love	Journey	Bloom	Sketchbook	Butterfly
Play a board game	Hide	Hug someone	Soar	Ask for help
Use positive self talk	Pencils	FREE	Kindness	Courage
Express gratitude	Moment to reflect	SNUG	Challenges	Peace
Affirmation	TRAC	Write in journal	Eraser	Friendship

B	I	N	G	O
Love	Courage	Peace	Eraser	Ask for help
Affirmation	Write in journal	Express gratitude	Use positive self talk	Challenges
Soar	SNUG	FREE	Intuition	Pencils
Butterfly	Kindness	Hug someone	Hide	Bloom
Sketchbook	Journey	Friendship	Moment to reflect	TRAC