

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

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