

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

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

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