

B	I	N	G	O
Write how you proved it wrong	3 sounds you can hear	Had a dance glow party	Tracked my worry worm today	Slept in bed alone Tuesday
Find 4 soft things you can hold	Write a scared moment today	Slept in my bed alone Friday	Draw a funny picture in dark together of each other and turn on light to share.	Tell Siri to read you a scary story while taking "hoo" deep breathes
Walk into movie theatre	listen to a book in meditation room	Color my Space - Set an alarm	Draw worry worm 0-5	Play 1..2..3.. flashlight & say woo
Played Marco Polo in the dark	Use flashlight to go upstairs	Slept in bed alone Monday	Look @ Orion in the Dark at night	Slept in bed alone on Wednesday
Hum my safe song when worried () times	Draw worry worm here 0-5	Slept in my bed alone on Thursday	read a story in dark room w/ friend	Find 5 tasty things in kitchen

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