

B	I	N	G	O
Use active listening skills	Apologize when a boundary is crossed.	I asked an adult for help when I needed it.	Take a self-care break	Respect other peoples personal space
Express needs calmly	Use "I feel" statements	Share Feelings	Ask for help when overwhelmed	Understanding
Use polite words	Ask for permission before borrowing	FREE	I set a time limit on my phone or social media use.	Patience
Trust	Respect	Support	I did something that made me feel happy.	Respect"No"/"STOP"
Enforce personal boundaries without guilt	Thoughtful	Good Communication	Wait your turn to speak	Honesty

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Use polite words	Wait your turn to speak	Ask for help when overwhelmed	Respect	Express needs calmly
Take a self-care break	Patience	I asked an adult for help when I needed it.	Respect "No"/"STOP"	Ask for permission before borrowing
I set a time limit on my phone or social media use.	Apologize when a boundary is crossed.	FREE	I did something that made me feel happy.	Support
Honesty	Use active listening skills	Good Communication	Trust	Enforce personal boundaries without guilt
Respect other peoples personal space	I said "no" without feeling guilty.	Understanding	Share Feelings	Use "I feel" statements

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Trust	I did something that made me feel happy.	Use polite words	Honesty	Take a self-care break
Thoughtful	Understanding	Wait your turn to speak	Respect	Ask for permission before borrowing
Support	Ask for help when overwhelmed	FREE	I set a time limit on my phone or social media use.	I asked an adult for help when I needed it.
I said "no" without feeling guilty.	Respect other peoples personal space	Enforce personal boundaries without guilt	Apologize when a boundary is crossed.	Use active listening skills
Use "I feel" statements	Share Feelings	Patience	Respect "No" / "STOP"	Good Communication