

B	I	N	G	O
Use active listening skills	"I'm not comfortable with that"	"I don't like that"	Follow boundaries that keep you safe	Support
Patience	Ask for permission before borrowing	Use "I feel" statements	Say your needs calmly	Understanding
Use polite words	"Please respect my boundaries"	FREE	Respect other peoples personal space	Limits
Listen to Others	Tell a Trusted Adult	Mind your own bubble	Share Feelings	Think positive thoughts
Healthy Boundaries	Respect "No" or "STOP"	Good Communication	Apologize when a boundary is crossed	"No thank you"

B	I	N	G	O
Understanding	Apologize when a boundary is crossed	Take a self-care break	Limits	"Please respect my boundaries"
Listen to Others	Use "I feel" statements	"No thank you"	Use polite words	"I'm not comfortable with that"
Respect other peoples personal space	Support	FREE	Respect "No" or "STOP"	Make your own choices
Patience	Ask for permission before borrowing	Follow boundaries that keep you safe	Set clear boundaries	Wait your turn to speak
Say your needs calmly	Tell a Trusted Adult	Ask for help	Share Feelings	"I don't like that"

B	I	N	G	O
Mind your own bubble	Ask for permission before borrowing	Respect other peoples personal space	Use active listening skills	Apologize when a boundary is crossed
You can say "No"	Wait your turn to speak	Ask for privacy	"No thank you"	Support
Say your needs calmly	Ask for space	FREE	"I'm not comfortable with that"	Use polite words
Patience	Ask for help	Listen to Others	Follow boundaries that keep you safe	"Please respect my boundaries"
Limits	Healthy Boundaries	Share Feelings	Set clear boundaries	Tell a Trusted Adult