

B	I	N	G	O
Use positive reinforcement	Apologize when a boundary is crossed.	Learn how to disagree	Took a stretch break	Share Feelings
Express needs calmly	Use polite words	Think/journal about what I value	Ask for help when needed	Use active listening skills
Wait 5 minutes before saying "yes" or "no"	Ask for permission before borrowing	FREE	Respect other peoples' personal space	Respect "No"/"STOP"
Use "I feel" statements	Share Decision making	Thoughtful listening	Patience with self and others	State personal boundaries without guilt
Ask for support	Trust thoughtfully	Honesty	Wait your turn to speak	Know you feel heard

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Wait 5 minutes before saying "yes" or "no"	Wait your turn to speak	Ask for help when needed	Share Decision making	Express needs calmly
Took a stretch break	Respect "No"/"STOP"	Learn how to disagree	State personal boundaries without guilt	Ask for permission before borrowing
Respect other peoples' personal space	Apologize when a boundary is crossed.	FREE	Patience with self and others	Thoughtful listening
Know you feel heard	Use positive reinforcement	Honesty	Use "I feel" statements	Ask for support
Share Feelings	Phone on DO NOT DISTURB for 1 hour	Use active listening skills	Think/journal about what I value	Use polite words

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Use "I feel" statements	Patience with self and others	Wait 5 minutes before saying "yes" or "no"	Know you feel heard	Took a stretch break
Trust thoughtfully	Use active listening skills	Wait your turn to speak	Share Decision making	Ask for permission before borrowing
Thoughtful listening	Ask for help when needed	FREE	Respect other peoples' personal space	Learn how to disagree
Phone on DO NOT DISTURB for 1 hour	Share Feelings	Ask for support	Apologize when a boundary is crossed.	Use positive reinforcement
Use polite words	Think/journal about what I value	Respect "No"/"STOP"	State personal boundaries without guilt	Honesty