

B	I	N	G	O
What I can control free space	Accepting myself	Goals	Setting boundaries	My feelings
Doing my homework	Trying again	My words	Asking for help	Talking to someone
When I help others	Being honest	FREE	How I treat others	How much effort I put in
Taking care of myself	How often I smile	Self-talk	How I react to others	My mistakes
Being kind	Taking a break	Forgiving others	When I use coping skills	Getting enough sleep

B	I	N	G	O
When I help others	When I use coping skills	Asking for help	How often I smile	Doing my homework
Setting boundaries	How much effort I put in	Goals	My mistakes	Being honest
How I treat others	Accepting myself	FREE	How I react to others	Self-talk
Getting enough sleep	What I can control free space	Forgiving others	Taking care of myself	Being kind
My feelings	How I respond to conflict	Talking to someone	My words	Trying again

B	I	N	G	O
Taking care of myself	How I react to others	When I help others	Getting enough sleep	Setting boundaries
Taking a break	Talking to someone	When I use coping skills	How often I smile	Being honest
Self-talk	Asking for help	FREE	How I treat others	Goals
How I respond to conflict	My feelings	Being kind	Accepting myself	What I can control free space
Trying again	My words	How much effort I put in	My mistakes	Forgiving others