

B	I	N	G	O
I want a job or to volunteer	I am careful with my personal information	I can tell when someone when they have hurt my feelings	I know my weaknesses	I have the right to say no
I can talk about my goals and dreams	I speak up for myself	I know how to cook for myself	I am kind to myself	I know my strengths
I speak in a calm and respectful tone	I work on my self-advocating skills	FREE	I am not afraid to say "I need help"	I do not let people bully me
I have choices in my life	I know what I need	I have the right to be listened to	I choose what food I like to eat	I know I am in charge of my emotions
I choose my own friends	I can make my own doctor appointments	I know my disability	When I am angry I take a break	I can tell people when I am in pain

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I have choices in my life	I am not afraid to say "I need help"	FREE	I do not let people bully me	I am careful with my personal information
I choose what food I like to eat	I know my disability	I want a job or to volunteer	I can tell people when I am in pain	I know what I need
I have the right to be listened to	I know I am in charge of my emotions	I speak in a calm and respectful tone	I speak up for myself	I choose my own friends

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I work on my self-advocating skills	I know my strengths	I know my weaknesses	When I am angry I take a break	I can tell when someone when they have hurt my feelings
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