B	I	N	G	O
What should you do when someone is trying to make you mad?	Discuss your go-to coping skill	Name one thing you are grateful for	What is something you are proud of?	Share something you are excited about
How can you solve a problem calmly?	What makes you smile?	What do you do when you are angry?	Give someone a compliment	What is one thing you are good at?
What is you calm down song?	name a person you trust most	**FREE**	How can you ask for help?	Put your hands on your belly and focus on the movement as you breathe in and out
Say something kind about yourself	What is something you do when you are sad to feel better?	Say something positive about yourself	Practice deep breathing	What are 3 things you are grateful for?
Name one thing you are thankful for	How can you make a good choice when you are upset?	What is a coping skill?	who can you talk to that makes you happy?	Name 5 things you cna see 4 things you can hear 3 things you can feel 2 you smell and 1 you can taste

Lilo and stitch Bingo Card #1 of 3

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B	I	N	G	O
name a person you trust most	Give someone a compliment	What is something you are proud of?	How can you solve a problem calmly?	What do you do when you are angry?
Name one thing you are grateful for	who can you talk to that makes you happy?	Share something you are excited about	How can you make a good choice when you are upset?	What is one thing you are good at?
Say something kind about yourself	How can you ask for help?	**FREE**	Put your hands on your belly and focus on the movement as you breathe in and out	Discuss your go-to coping skill
Practice deep breathing	What is a coping skill?	What should you do when someone is trying to make you mad?	Name 5 things you cna see 4 things you can hear 3 things you can feel 2 you smell and 1 you can taste	What is something you do when you are sad to feel better?
Say something positive about yourself	What are 3 things you are grateful for?	What is you calm down song?	What makes you smile?	Name one thing you are thankful for

Lilo and stitch Bingo Card #2 of 3

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B	I	N	G	O
How can you make a good choice when you are upset?	What is a coping skill?	Give someone a compliment	What are 3 things you are grateful for?	How can you ask for help?
What should you do when someone is trying to make you mad?	Say something kind about yourself	Say something positive about yourself	What makes you smile?	Share something you are excited about
What is you calm down song?	Name 5 things you cna see 4 things you can hear 3 things you can feel 2 you smell and 1 you can taste	**FREE**	What is something you do when you are sad to feel better?	Practice deep breathing
name a person you trust most	What is one thing you are good at?	What is something you are proud of?	who can you talk to that makes you happy?	Name one thing you are grateful for
Put your hands on your belly and focus on the movement as you breathe in and out	Discuss your go-to coping skill	What do you do when you are angry?	How can you solve a problem calmly?	Name one thing you are thankful for

Lilo and stitch Bingo Card #3 of 3

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