

B	I	N	G	O
Who can you go to if you have a big problem?	Explain how to do one of your coping skills.	Share something you like about yourself.	What is something you might want to do when you are older?	What do you wish your family your teacher or your friends knew about you?
Name a place you would like to travel.	What qualities do you want in a friend?	What is something people don't know about you?	Explain how you handled a problem.	What is something that is stressing you out this week?
What makes you feel really happy?	Who do you admire?	FREE	How do you help other people if they are upset?	What advice would you give someone else who has a problem that you have faced?
What advice would you give to a large group of people?	What made you laugh recently?	What did you do to help yourself to feel happy this week?	What activity would you like to try?	What is something encouraging you could say to yourself?
Tell about a book TV show or movie you like.	How do you show someone you want to be friends?	What is something that is important to you?	Who do you talk to when you are upset?	Name one of your goals.

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Who do you admire?	Explain how you handled a problem.	What is something you might want to do when you are older?	Name a place you would like to travel.	What is something people don't know about you?
Share something you like about yourself.	Who do you talk to when you are upset?	What do you wish your family your teacher or your friends knew about you?	How do you show someone you want to be friends?	What is something that is stressing you out this week?
What advice would you give to a large group of people?	How do you help other people if they are upset?	FREE	What advice would you give someone else who has a problem that you have faced?	Explain how to do one of your coping skills.
What activity would you like to try?	What is something that is important to you?	Who can you go to if you have a big problem?	Name one of your goals.	What made you laugh recently?
What did you do to help yourself to feel happy this week?	What is something encouraging you could say to yourself?	What makes you feel really happy?	What qualities do you want in a friend?	Tell about a book TV show or movie you like.

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How do you show someone you want to be friends?	What is something that is important to you?	Explain how you handled a problem.	What is something encouraging you could say to yourself?	How do you help other people if they are upset?
Who can you go to if you have a big problem?	What advice would you give to a large group of people?	What did you do to help yourself to feel happy this week?	What qualities do you want in a friend?	What do you wish your family your teacher or your friends knew about you?
What makes you feel really happy?	Name one of your goals.	FREE	What made you laugh recently?	What activity would you like to try?
Who do you admire?	What is something that is stressing you out this week?	What is something you might want to do when you are older?	Who do you talk to when you are upset?	Share something you like about yourself.
What advice would you give someone else who has a problem that you have faced?	Explain how to do one of your coping skills.	What is something people don't know about you?	Name a place you would like to travel.	Tell about a book TV show or movie you like.