

B	I	N	G	O
What does healthy self esteem look like?	Describe something someone could do to make you happy.	Compliment the person to your right.	I feel good about myself when _____.	Talk about 3 things you are grateful for.
Say something positive about yourself.	I am good at _____.	What do you say or do to lower your self esteem?	Share the greatest compliment you have ever received.	Describe your perfect vacation.
Stand up and say "I am _____ and I can do anything I put my mind to"	What do you do that gives you confidence?	FREE	What does low self esteem look like?	Do you think you have good or bad self esteem?
Share something you would like to do but haven't yet.	Name one thing that makes you laugh.	Give someone in the group a high five.	Name something you would like to be better at.	What are your 3 biggest strengths?
Name your favorite music	Stand up and let everyone give you applause.	What do you do or say that helps build healthy self-esteem?	Name 3 things you are grateful for?	My favorite part of the day is _____.

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Share a characteristic you admire in others.	Name something you would like to be better at.	In what area of your life would you like to be more confident?	Give a compliment to the person to your left.	Give someone a compliment across the room from you.
Share a happy event in your life.	Say something positive about yourself.	Name your favorite music	Describe your perfect vacation.	What do you do that gives you confidence?
Talk about someone you admire.	Name one thing that makes you laugh.	FREE	Do you think you have good or bad self esteem?	What do you think is your best quality?
What does low self esteem look like?	What do you say or do to lower your self esteem?	Describe something someone could do to make you happy.	Share something you would like to do but haven't yet.	Talk about 3 things you are grateful for.
I am good at _____.	I feel good about myself when _____.	Stand up and let everyone give you applause.	Stand up and say "I am _____ and I can do anything I put my mind to"	Share the greatest compliment you have ever received.

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What are your 3 biggest strengths?	Do you think you have good or bad self esteem?	Give someone a compliment across the room from you.	Stand up and let everyone give you applause.	Say something positive about yourself.
I am good at _____.	Stand up and say "I am _____ and I can do anything I put my mind to"	Share a happy event in your life.	Describe something someone could do to make you happy.	Name one thing that makes you laugh.
Compliment the person to your right.	Name your favorite music	FREE	What does healthy self esteem look like?	Give a compliment to the person to your left.
if you could be friends with any famous person in history who would it be and why?	What does self esteem mean?	Talk about 3 things you are grateful for.	Share something you would like to do but haven't yet.	I feel best when people _____.
What does low self esteem look like?	Describe your perfect vacation.	Name something you would like to be better at.	I feel good about myself when _____.	My favorite part of the day is _____.