

B	I	N	G	O
THINK OF SOMETHING FUNNY	478 BREATHING	COUNT TO TEN	IT'S FUN TO BE SURPRISED!	FIND A FRIEND TO TALK TO
CHALLENGE THOSE NEGATIVE THOUGHTS	TEND & BEFRIEND	I AM NOT DEFINED BY MY THOUGHTS	BE COAL : CURIOUS OPEN ACCEPTING LOVING	I CAN DO THIS!
NEW THINGS CAN BE FUN!	THIS WON'T LAST FOREVER!	I FEEL FREE!	BE KIND TO MYSELF	DO A BODY SCAN
DON'T BELIEVE EVERY THOUGHT	LABEL MY EMOTIONS	EVEN ADULTS GET NERVOUS	DID I REMEMBER TO SMILE!	I AM BRAVE
DANCE!	BLOW OUT THE ANXIETY!	I AM STRONG	TRY SOMETHING DIFFERENT	COLOR YOUR FEELINGS

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COUNT TO TEN	TRY SOMETHING DIFFERENT	FIND A FRIEND TO TALK TO	BLOW OUT THE ANXIETY!	I CAN DO THIS!
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DID I REMEMBER TO SMILE!	I AM STRONG	THINK OF SOMETHING FUNNY	COLOR YOUR FEELINGS	LABEL MY EMOTIONS
EVEN ADULTS GET NERVOUS	I AM BRAVE	NEW THINGS CAN BE FUN!	TEND & BEFRIEND	DANCE!

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BLOW OUT THE ANXIETY!	I AM STRONG	BE COAL : CURIOUS OPEN ACCEPTING LOVING	I AM BRAVE	BE KIND TO MYSELF
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NEW THINGS CAN BE FUN!	COLOR YOUR FEELINGS	I FEEL FREE!	LABEL MY EMOTIONS	DID I REMEMBER TO SMILE!
THIS WON'T LAST FOREVER!	I CAN DO THIS!	IT'S FUN TO BE SURPRISED!	TRY SOMETHING DIFFERENT	COUNT TO TEN
DO A BODY SCAN	478 BREATHING	I AM NOT DEFINED BY MY THOUGHTS	CHALLENGE THOSE NEGATIVE THOUGHTS	DANCE!