

B	I	N	G	O
What parts of my life are not in my control?	How can I feel safe?	How many times should you take a shower a week?	What is my favorite food?	What can you do to not feel scared?
How do I protect myself with the virus	What parts of my life are in my control?	What does it mean to be safe?	How can I support my friends?	What is my favorite activity?
What makes me happy?	What should I do when I cough?	FREE	How do I feel better when I'm angry?	Name 3 coping skills
Name at least two times when you should wash your hands	What makes me angry?	What I do when I'm bored?	My three favorite things about myself are..	What does hygiene mean?
My three favorite things about my life are..	How do I help others feel safe?	What does it mean to be scared?	Who can I rely on?	How far should we stand from other people right now?

B	I	N	G	O
What should I do when I cough?	How can I support my friends?	What is my favorite food?	How do I protect myself with the virus	What does it mean to be safe?
How many times should you take a shower a week?	Who can I rely on?	What can you do to not feel scared?	How do I help others feel safe?	What is my favorite activity?
Name at least two times when you should wash your hands	How do I feel better when I'm angry?	FREE	Name 3 coping skills	How can I feel safe?
My three favorite things about myself are..	What does it mean to be scared?	What parts of my life are not in my control?	How far should we stand from other people right now?	What makes me angry?
What I do when I'm bored?	What does hygiene mean?	What makes me happy?	What parts of my life are in my control?	My three favorite things about my life are..

B	I	N	G	O
How do I help others feel safe?	What does it mean to be scared?	How can I support my friends?	What does hygiene mean?	How do I feel better when I'm angry?
What parts of my life are not in my control?	Name at least two times when you should wash your hands	What I do when I'm bored?	What parts of my life are in my control?	What can you do to not feel scared?
What makes me happy?	How far should we stand from other people right now?	FREE	What makes me angry?	My three favorite things about myself are..
What should I do when I cough?	What is my favorite activity?	What is my favorite food?	Who can I rely on?	How many times should you take a shower a week?
Name 3 coping skills	How can I feel safe?	What does it mean to be safe?	How do I protect myself with the virus	My three favorite things about my life are..