

Self-awareness Bingo

Your favorite athletic activity	3 things you're grateful for	Play cards	Take a few deep breaths	Something you dislike
Muscle relaxation	Your favorite activity outdoors	Something you struggle with	Arts and Crafts	Something you're looking forward to
Use positive self-talk	Your favorite place to relax	FREE	How often do you let yourself cry?	Something new you'd like to try
Something that causes you fear	Think about happy memories	Something you are proud of	Someone who is important to you	Something you have a negative attitude towards
Read a line from your favorite book	If you could go anywhere	Something you'd never try	Your favorite song	Name the best quality you have

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Your favorite place to relax	Arts and Crafts	Take a few deep breaths	Muscle relaxation	Something you struggle with
Play cards	Your favorite song	Something you dislike	If you could go anywhere	Something you're looking forward to
Something that causes you fear	How often do you let yourself cry?	FREE	Something new you'd like to try	3 things you're grateful for
Someone who is important to you	Something you'd never try	Your favorite athletic activity	Name the best quality you have	Think about happy memories
Something you are proud of	Something you have a negative attitude towards	Use positive self-talk	Your favorite activity outdoors	Read a line from your favorite book

Self-awareness Bingo

If you could go anywhere	Something you'd never try	Arts and Crafts	Something you have a negative attitude towards	How often do you let yourself cry?
Your favorite athletic activity	Something that causes you fear	Something you are proud of	Your favorite activity outdoors	Something you dislike
Use positive self-talk	Name the best quality you have	FREE	Think about happy memories	Someone who is important to you
Your favorite place to relax	Something you're looking forward to	Take a few deep breaths	Your favorite song	Play cards
Something new you'd like to try	3 things you're grateful for	Something you struggle with	Muscle relaxation	Read a line from your favorite book