B	I	N	G	O
What happens in your body when you feel scared?	Act out what it looks like when you are angry with a family member.	How do you express sadness?	What are the positive effects of your favorite coping strategy?	Name two things that make you feel scared.
How do you communicate to others that you are angry?	What happens in your body when you feel sad?	Show what a happy face looks like.	Act out what it looks like when you are angry with someone who is not family.	Show what it looks like when you are scared.
What happens in your body when you feel guilty?	What is another feeling word that means sad?	**FREE**	Describe the last time you felt happy.	Name another feeling word that means happy.
Name two things that make you feel angry.	What happens in your body when you feel angry?	Name two things that make you feel sad.	Name 3 different levels of intensity of anger.	Name two things that make you happy.
Name 3 alternatives you could use that would give you the same effects as your favorite coping skill?	Describe what anxiety feels like in your body.	Show what it looks like when you are sad.	What makes you feel better when you are scared?	How do you communicate to others that you are happy?

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B	I	N	G	O
What is another feeling word that means sad?	Act out what it looks like when you are angry with someone who is not family.	What are the positive effects of your favorite coping strategy?	How do you communicate to others that you are angry?	Show what a happy face looks like.
How do you express sadness?	What makes you feel better when you are scared?	Name two things that make you feel scared.	Describe what anxiety feels like in your body.	Show what it looks like when you are scared.
Name two things that make you feel angry.	Describe the last time you felt happy.	**FREE**	Name another feeling word that means happy.	Act out what it looks like when you are angry with a family member.
Name 3 different levels of intensity of anger.	Show what it looks like when you are sad.	What happens in your body when you feel scared?	How do you communicate to others that you are happy?	What happens in your body when you feel angry?
Name two things that make you feel sad.	Name two things that make you happy.	What happens in your body when you feel guilty?	What happens in your body when you feel sad?	Name 3 alternatives you could use that would give you the same effects as your favorite coping skill?

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B	I	N	G	O
Describe what anxiety feels like in your body.	Show what it looks like when you are sad.	Act out what it looks like when you are angry with someone who is not family.	Name two things that make you happy.	Describe the last time you felt happy.
What happens in your body when you feel scared?	Name two things that make you feel angry.	Name two things that make you feel sad.	What happens in your body when you feel sad?	Name two things that make you feel scared.
What happens in your body when you feel guilty?	How do you communicate to others that you are happy?	**FREE**	What happens in your body when you feel angry?	Name 3 different levels of intensity of anger.
What is another feeling word that means sad?	Show what it looks like when you are scared.	What are the positive effects of your favorite coping strategy?	What makes you feel better when you are scared?	How do you express sadness?
Name another feeling word that means happy.	Act out what it looks like when you are angry with a family member.	Show what a happy face looks like.	How do you communicate to others that you are angry?	Name 3 alternatives you could use that would give you the same effects as your favorite coping skill?

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