B	I	N	G	O
Write down 2 people's names that make you smile and tell us why	Ask someone "what makes you smile" and listen to what they tell you	Look in the mirror and tell yourself "I am grateful that I can do hard things" 3 times	Tell someone a joke to make them smile	Sit outside take 3 deep breaths and say what you like about the day
Do Something that makes you laugh	Write a short letter about what you are thankful for	Tell a co-worker what they do that helps you	Bake some cookies and give them to someone	Thank your Mom for something she did for you
Write down 3 things you like about yourself	Call your friend and thank them for being in your life	Offer to clean up the kitchen or the table	Send an email to someone and tell them 2 things that makes them important to you	Thank your Dad for something he did for you
Share a word of encouragement to someone	Tell a housemate what you like about them	Make a craft and give it away to someone you are thinking of	Take a walk outside and write down 3 things you thank nature for	Colour a gratitude picture
Thank someone for spending time with you	Fill in the blank I am thankful I learned how to _____	Write down or draw out your favourite memory	Hold the door open for someone	Make a thank you card and send it to someone

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B	I	N	G	O
Write down 3 things you like about yourself	Call your friend and thank them for being in your life	Thank your Mom for something she did for you	Bake some cookies and give them to someone	Colour a gratitude picture
Hold the door open for someone	Thank your Dad for something he did for you	Offer to clean up the kitchen or the table	Sit outside take 3 deep breaths and say what you like about the day	Tell a housemate what you like about them
Do Something that makes you laugh	Look in the mirror and tell yourself "I am grateful that I can do hard things" 3 times	Tell a co-worker what they do that helps you	Take a walk outside and write down 3 things you thank nature for	Write down 2 people's names that make you smile and tell us why
Share a word of encouragement to someone	Fill in the blank I am thankful I learned how to _____	Write a short letter about what you are thankful for	Make a craft and give it away to someone you are thinking of	Tell someone a joke to make them smile
Thank someone for spending time with you	Write down or draw out your favourite memory	Make a thank you card and send it to someone	Ask someone "what makes you smile" and listen to what they tell you	Send an email to someone and tell them 2 things that makes them important to you

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B	I	N	G	O
Thank your Dad for something he did for you	Take a walk outside and write down 3 things you thank nature for	Fill in the blank I am thankful I learned how to _____	Hold the door open for someone	Make a craft and give it away to someone you are thinking of
Colour a gratitude picture	Make a thank you card and send it to someone	Do Something that makes you laugh	Offer to clean up the kitchen or the table	Write down 2 people's names that make you smile and tell us why
Share a word of encouragement to someone	Thank someone for spending time with you	Tell a co-worker what they do that helps you	Call your friend and thank them for being in your life	Write a short letter about what you are thankful for
Write down 3 things you like about yourself	Tell a housemate what you like about them	Write down or draw out your favourite memory	Bake some cookies and give them to someone	Ask someone "what makes you smile" and listen to what they tell you
Send an email to someone and tell them 2 things that makes them important to you	Thank your Mom for something she did for you	Tell someone a joke to make them smile	Look in the mirror and tell yourself "I am grateful that I can do hard things" 3 times	Sit outside take 3 deep breaths and say what you like about the day

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