

B	I	N	G	O
What makes you happy?	Are you a leader or a follower?	Do you like the weekday or weekend better?	What is one thing you are thankful for?	What are some ways for you to remember to take care of yourself?
Describe your family.	What makes you feel relaxed?	What do you want to achieve in the future?	Ask a question.	What is your favourite sport to watch?
Comment on the weather.	What coping skills work best for you?	Name something you like about yourself.	What kind of music do you like?	What are some responsibilities you have?
What is your favourite season?	What are some warning signs that you are beginning to not feel like yourself?	What is one goal you have for yourself?	Give a compliment.	Do you prefer sweet or salty?
What are you most looking forward to once social distancing ends?	Describe the perfect day.	Describe what makes you sad.	What is something that you are really good at?	Name something you like about staying at home.

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Comment on the weather.	Name something you like about yourself.	What makes you feel relaxed?	Ask a question.	What makes you happy?
What kind of music do you like?	What coping skills work best for you?	What is one thing you are thankful for?	What are you most looking forward to once social distancing ends?	What are some responsibilities you have?
What are some ways for you to remember to take care of yourself?	Describe your family.	Do you like the weekday or weekend better?	What do you want to achieve in the future?	Where is your favourite place to vacation?
What is something that you are really good at?	What is your favourite season?	Describe the perfect day.	Describe what makes you sad.	What is one goal you have for yourself?
Name something you like about staying at home.	Are you a leader or a follower?	What are some warning signs that you are beginning to not feel like yourself?	Who can you reach out to if you are feeling unhappy?	Describe yourself.

B	I	N	G	O
Where is your favourite place to vacation?	Comment on the weather.	What is something that you are really good at?	Describe your family.	What coping skills work best for you?
Do you like the morning or the night time?	Who can you reach out to if you are feeling unhappy?	Ask a question.	What makes you happy?	What are some warning signs that you are beginning to not feel like yourself?
Describe what makes you sad.	What is one thing you are thankful for?	Name something you like about yourself.	Do you like the weekday or weekend better?	Name something you like about staying at home.
Are you a leader or a follower?	Do you prefer sweet or salty?	What are you most looking forward to once social distancing ends?	What is one goal you have for yourself?	What makes you feel relaxed?
Describe yourself.	What is your favourite season?	What are some responsibilities you have?	What is your favourite sport to watch?	Describe the perfect day.