

B	I	N	G	O
What do others say they like about me?	Compliment yourself	I feel good about myself when...	Share the greatest compliment you have ever received	Say something positive about yourself
I can help others by	What do I like about who I am?	Share a characteristic you admire in yourself	Describe something someone could do to make you happy	Share something you would like to do and haven't yet
Talk about someone you admire	What way can I make my day better	FREE	Give someone in the group an air hi5	Name a personal accomplishment that made you proud
Name an activity you are good at	Talk about 3 things you are grateful for	Name something you are great at	List your favorite self care activity	Share a characteristic you admire in others
I like to _____ when I am anxious	I am happiest when I...	Share a happy event in your life	Who is someone I admire?	I feel best when people...

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