



Self esteem Bingo Call Sheet

This is a randomized list of all 38 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Name something you would like to be better at	Give a compliment to the person 2nd to your right	Name a goal that you wish to accomplish	Share the greatest compliment you have ever received	Stand up and let everyone give you a round of applause
What qualities do you admire about the person beside you	Describe something someone could do to make you happy	Share a characteristic you admire in yourself	Give a compliment to the person across from you	What do others say they like about me?
Name an activity that cheers you up or calms you down	If you could be friends with any famous person in history who would it be and why?	Name a personal accomplishment that made you proud	Give a compliment to the person on your left	Share a characteristic you admire in others
I am happiest when I...	Who is someone I admire?	Stand up and say: "I am ___ and I can do anything I set my mind to."	I feel best when people...	My favorite part of the day is ___
Talk about 2 things you are grateful for	Describe something positive you learned about yourself recently	Name something you are great at	Describe your perfect vacation	Name something important to you
Share something you would like to do and haven't yet	I am good at ___	Say something positive about yourself	Name a positive change you want to make in the near future	Mimic an activity you are good at



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This continues the randomized list of all 38 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Describe your greatest strength	Talk about someone you admire	Compliment the person to your right	Share a happy event in your life	Give a compliment to somebody in the group
I feel good about myself when...	Give someone in the group a hi5	What do I like about who I am?		