

RESILIENCE BINGO



Try a new food	Ask for help when you need it	Practice deep breathing for one minute	Write down one thing you're good at	Take a break when you feel frustrated
Say "I can do it" to yourself three times	Help someone with a task	Try again after making a mistake	Listen carefully to someone's advice	Say "thank you" to someone who helped you
Set a small goal and complete it	Read or listen to an inspiring story	Write down one thing you learned today	Play or work on something without giving up	Say something kind to yourself
Do something that makes you a little nervous	Practice patience by waiting calmly	Help clean up or organize something	Draw or write about a time you were brave	Apologize when you make a mistake
Celebrate someone else's success	Think of three things you're grateful for	Be the first to say "hello" to someone new	Try to stay calm during a tough moment	Talk about a challenge you overcame