

Social Bingo

myfreebingocards.com

Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/jsxsjm

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/jsxsjm

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/jsxsjm

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Say something positive about yourself.	Give a compliment to the person on your left.	Stand up and let everyone give you applause.	Talk about someone special in your life.	I feel best when people -----.	Give a compliment to the person on your right.	Describe something you could do to help yourself feel happy.
Describe something you could do to make someone else happy.	What positive advice would you give a younger person?	Describe what you consider a "perfect vacation."	If you could change places with one person for a day, who would it be and why?	What is something you admire in others?	Share something you would like to do but haven't.	Share something you are proud of.
Share a happy event in your life.	Talk about 3 things you are grateful for.	What is something you would like to accomplish?	Describe your most prized possession.	I am best at -----.	Are you more like a gentle rain or a thunderstorm? Why?	Share what makes you a unique and special person.
What is your favorite childhood memory?	How will you be assertive in your everyday life?	Give someone in the group a high-five.	If you were given \$10,000 what would you do with it?	Share the greatest compliment you've received.	How will you deal with anger in a healthy way?	Name two things you like about your appearance.
How will you relax and calm yourself?	What can you do to distract yourself from stressors?	Smile for 10 seconds.	How will you practice self-care?	How can you let go of things out of your control?	What do you value most?	Give a positive statement.
What is your favorite place in your home, and why?	Name 3 qualities you like about your favorite animal.					

Social Bingo

Name 3 qualities you like about your favorite animal.	Smile for 10 seconds.	Describe something you could do to make someone else happy.	What can you do to distract yourself from stressors?	How will you practice self-care?
Give a compliment to the person on your left.	I feel best when people _____.	Stand up and let everyone give you applause.	How will you be assertive in your everyday life?	I am best at _____.
Name two things you like about your appearance.	Talk about someone special in your life.	FREE SPACE	If you could change places with one person for a day, who would it be and why?	Describe your most prized possession.
Say something positive about yourself.	Give a compliment to the person on your right.	Describe something you could do to help yourself feel happy.	Talk about 3 things you are grateful for.	Share something you are proud of.
Give someone in the group a high-five.	Share something you would like to do but haven't.	What is your favorite place in your home, and why?	What do you value most?	What is something you would like to accomplish?

Social Bingo

Name two things you like about your appearance.	How will you relax and calm yourself?	Share what makes you a unique and special person.	If you could change places with one person for a day, who would it be and why?	What do you value most?
Name 3 qualities you like about your favorite animal.	Give someone in the group a high-five.	How will you be assertive in your everyday life?	Give a compliment to the person on your right.	Stand up and let everyone give you applause.
What is your favorite childhood memory?	If you were given \$10,000 what would you do with it?	FREE SPACE	What is something you would like to accomplish?	Say something positive about yourself.
Give a compliment to the person on your left.	Share something you would like to do but haven't.	Talk about someone special in your life.	Smile for 10 seconds.	What is something you admire in others?
Describe what you consider a "perfect vacation."	How can you let go of things out of your control?	Talk about 3 things you are grateful for.	Describe something you could do to help yourself feel happy.	How will you deal with anger in a healthy way?

Social Bingo

Name two things you like about your appearance.	If you were given \$10,000 what would you do with it?	I am best at _____.	Talk about 3 things you are grateful for.	Talk about someone special in your life.
How can you let go of things out of your control?	Stand up and let everyone give you applause.	What can you do to distract yourself from stressors?	How will you deal with anger in a healthy way?	What positive advice would you give a younger person?
Smile for 10 seconds.	What is something you would like to accomplish?	FREE SPACE	Share what makes you a unique and special person.	Give a compliment to the person on your left.
Share a happy event in your life.	Give a compliment to the person on your right.	How will you relax and calm yourself?	Share the greatest compliment you've received.	Describe something you could do to make someone else happy.
Share something you are proud of.	Name 3 qualities you like about your favorite animal.	Describe something you could do to help yourself feel happy.	If you could change places with one person for a day, who would it be and why?	Give a positive statement.

Social Bingo

What positive advice would you give a younger person?	Share something you are proud of.	What is something you admire in others?	Talk about 3 things you are grateful for.	How will you practice self-care?
Say something positive about yourself.	Describe your most prized possession.	Stand up and let everyone give you applause.	How will you relax and calm yourself?	Describe something you could do to help yourself feel happy.
I am best at -----.	Share what makes you a unique and special person.	FREE SPACE	What do you value most?	I feel best when people -----.
Share something you would like to do but haven't.	What is something you would like to accomplish?	Share the greatest compliment you've received.	What is your favorite childhood memory?	Name 3 qualities you like about your favorite animal.
Name two things you like about your appearance.	If you were given \$10,000 what would you do with it?	Give a compliment to the person on your right.	Talk about someone special in your life.	What is your favorite place in your home, and why?

Social Bingo

How will you practice self-care?	Share something you are proud of.	Describe your most prized possession.	Stand up and let everyone give you applause.	What is your favorite childhood memory?
Are you more like a gentle rain or a thunderstorm? Why?	Give a compliment to the person on your right.	Talk about someone special in your life.	What is your favorite place in your home, and why?	Give someone in the group a high-five.
Name two things you like about your appearance.	Share a happy event in your life.	FREE SPACE	Describe something you could do to help yourself feel happy.	If you could change places with one person for a day, who would it be and why?
Describe something you could do to make someone else happy.	Share the greatest compliment you've received.	How will you deal with anger in a healthy way?	How will you be assertive in your everyday life?	Share something you would like to do but haven't.
What is something you admire in others?	Describe what you consider a "perfect vacation."	Give a compliment to the person on your left.	I am best at -----.	How can you let go of things out of your control?

Social Bingo

What is your favorite place in your home, and why?	Describe something you could do to make someone else happy.	How will you practice self-care?	Talk about 3 things you are grateful for.	Name 3 qualities you like about your favorite animal.
What do you value most?	Describe what you consider a "perfect vacation."	Give a compliment to the person on your left.	What can you do to distract yourself from stressors?	Share the greatest compliment you've received.
If you could change places with one person for a day, who would it be and why?	Give a compliment to the person on your right.	FREE SPACE	Talk about someone special in your life.	How will you relax and calm yourself?
Name two things you like about your appearance.	I am best at -----.	Are you more like a gentle rain or a thunderstorm? Why?	What is something you would like to accomplish?	If you were given \$10,000 what would you do with it?
How will you deal with anger in a healthy way?	Stand up and let everyone give you applause.	I feel best when people -----.	Share what makes you a unique and special person.	Give someone in the group a high-five.

Social Bingo

Share something you would like to do but haven't.	Describe what you consider a "perfect vacation."	I feel best when people _____.	Say something positive about yourself.	Share the greatest compliment you've received.
Talk about 3 things you are grateful for.	Talk about someone special in your life.	What is your favorite place in your home, and why?	What is something you admire in others?	Give a positive statement.
What is something you would like to accomplish?	Name two things you like about your appearance.	FREE SPACE	If you could change places with one person for a day, who would it be and why?	What can you do to distract yourself from stressors?
Smile for 10 seconds.	What positive advice would you give a younger person?	Give a compliment to the person on your left.	How will you deal with anger in a healthy way?	If you were given \$10,000 what would you do with it?
Describe something you could do to help yourself feel happy.	How will you be assertive in your everyday life?	Give a compliment to the person on your right.	Share what makes you a unique and special person.	I am best at _____.

Social Bingo

Name 3 qualities you like about your favorite animal.	Share something you would like to do but haven't.	Give someone in the group a high-five.	What can you do to distract yourself from stressors?	How will you be assertive in your everyday life?
What is something you would like to accomplish?	Are you more like a gentle rain or a thunderstorm? Why?	What positive advice would you give a younger person?	Describe what you consider a "perfect vacation."	Describe something you could do to help yourself feel happy.
Share something you are proud of.	Stand up and let everyone give you applause.	FREE SPACE	What do you value most?	Share what makes you a unique and special person.
How will you practice self-care?	Describe your most prized possession.	What is your favorite place in your home, and why?	Talk about 3 things you are grateful for.	If you were given \$10,000 what would you do with it?
Name two things you like about your appearance.	I am best at -----.	Smile for 10 seconds.	Share the greatest compliment you've received.	Give a compliment to the person on your right.

Social Bingo

Give someone in the group a high-five.	What do you value most?	Share what makes you a unique and special person.	What is your favorite childhood memory?	What is your favorite place in your home, and why?
How can you let go of things out of your control?	How will you relax and calm yourself?	What can you do to distract yourself from stressors?	Describe something you could do to help yourself feel happy.	Stand up and let everyone give you applause.
Say something positive about yourself.	How will you practice self-care?	FREE SPACE	Describe your most prized possession.	Give a compliment to the person on your left.
How will you deal with anger in a healthy way?	What is something you would like to accomplish?	Name 3 qualities you like about your favorite animal.	If you were given \$10,000 what would you do with it?	I am best at _____.
What is something you admire in others?	Smile for 10 seconds.	Give a compliment to the person on your right.	Share something you would like to do but haven't.	If you could change places with one person for a day, who would it be and why?

Social Bingo

Say something positive about yourself.	Share something you are proud of.	What is your favorite childhood memory?	I feel best when people -----.	Describe something you could do to make someone else happy.
Describe what you consider a "perfect vacation."	What is something you would like to accomplish?	Talk about 3 things you are grateful for.	If you could change places with one person for a day, who would it be and why?	Share what makes you a unique and special person.
Give a positive statement.	Give a compliment to the person on your right.	FREE SPACE	Stand up and let everyone give you applause.	Describe something you could do to help yourself feel happy.
How will you relax and calm yourself?	Smile for 10 seconds.	Are you more like a gentle rain or a thunderstorm? Why?	Share the greatest compliment you've received.	Name 3 qualities you like about your favorite animal.
How can you let go of things out of your control?	Name two things you like about your appearance.	What is your favorite place in your home, and why?	Share something you would like to do but haven't.	How will you practice self-care?

Social Bingo

Describe something you could do to make someone else happy.	What do you value most?	Share a happy event in your life.	What can you do to distract yourself from stressors?	What is your favorite childhood memory?
Name 3 qualities you like about your favorite animal.	Describe something you could do to help yourself feel happy.	Give a compliment to the person on your left.	I am best at -----.	What is something you would like to accomplish?
Talk about 3 things you are grateful for.	Give someone in the group a high-five.	FREE SPACE	How will you practice self-care?	How will you relax and calm yourself?
Name two things you like about your appearance.	Give a positive statement.	Talk about someone special in your life.	How will you deal with anger in a healthy way?	I feel best when people -----.
Share something you would like to do but haven't.	Share the greatest compliment you've received.	If you could change places with one person for a day, who would it be and why?	If you were given \$10,000 what would you do with it?	Say something positive about yourself.

Social Bingo

If you could change places with one person for a day, who would it be and why?	I am best at _____.	Give a positive statement.	How can you let go of things out of your control?	Describe something you could do to make someone else happy.
How will you relax and calm yourself?	Give a compliment to the person on your right.	Stand up and let everyone give you applause.	How will you be assertive in your everyday life?	What positive advice would you give a younger person?
What can you do to distract yourself from stressors?	What is your favorite place in your home, and why?	FREE SPACE	How will you deal with anger in a healthy way?	Give a compliment to the person on your left.
Share a happy event in your life.	Describe something you could do to help yourself feel happy.	Name two things you like about your appearance.	Share the greatest compliment you've received.	What do you value most?
Share something you would like to do but haven't.	What is something you admire in others?	What is something you would like to accomplish?	Talk about 3 things you are grateful for.	How will you practice self-care?

Social Bingo

Name two things you like about your appearance.	What positive advice would you give a younger person?	Describe your most prized possession.	Give someone in the group a high-five.	How can you let go of things out of your control?
Share the greatest compliment you've received.	How will you relax and calm yourself?	What is your favorite place in your home, and why?	Describe what you consider a "perfect vacation."	Give a compliment to the person on your left.
What can you do to distract yourself from stressors?	Share what makes you a unique and special person.	FREE SPACE	Share something you would like to do but haven't.	I am best at _____.
What do you value most?	Say something positive about yourself.	Name 3 qualities you like about your favorite animal.	If you could change places with one person for a day, who would it be and why?	Give a compliment to the person on your right.
Give a positive statement.	What is something you admire in others?	Are you more like a gentle rain or a thunderstorm? Why?	I feel best when people _____.	Describe something you could do to help yourself feel happy.

Social Bingo

How can you let go of things out of your control?	Describe your most prized possession.	Share the greatest compliment you've received.	How will you deal with anger in a healthy way?	Talk about 3 things you are grateful for.
Describe what you consider a "perfect vacation."	What do you value most?	Name two things you like about your appearance.	How will you relax and calm yourself?	What is your favorite childhood memory?
I am best at -----.	If you were given \$10,000 what would you do with it?	FREE SPACE	How will you be assertive in your everyday life?	Give a compliment to the person on your right.
What is something you would like to accomplish?	Smile for 10 seconds.	Share a happy event in your life.	Are you more like a gentle rain or a thunderstorm? Why?	What positive advice would you give a younger person?
If you could change places with one person for a day, who would it be and why?	How will you practice self-care?	I feel best when people -----.	Describe something you could do to help yourself feel happy.	Share something you are proud of.

Social Bingo

Give a positive statement.	What is something you would like to accomplish?	Give someone in the group a high-five.	How will you practice self-care?	If you could change places with one person for a day, who would it be and why?
If you were given \$10,000 what would you do with it?	Describe something you could do to make someone else happy.	Share something you are proud of.	How will you relax and calm yourself?	Give a compliment to the person on your left.
Describe something you could do to help yourself feel happy.	Talk about 3 things you are grateful for.	FREE SPACE	I am best at -----.	What is something you admire in others?
Describe your most prized possession.	Say something positive about yourself.	Stand up and let everyone give you applause.	Name two things you like about your appearance.	Name 3 qualities you like about your favorite animal.
What can you do to distract yourself from stressors?	How will you be assertive in your everyday life?	Share the greatest compliment you've received.	Talk about someone special in your life.	Give a compliment to the person on your right.

Social Bingo

I am best at -----.	How will you deal with anger in a healthy way?	Describe something you could do to help yourself feel happy.	What positive advice would you give a younger person?	Give a compliment to the person on your right.
Share something you would like to do but haven't.	Share what makes you a unique and special person.	Share something you are proud of.	What is your favorite childhood memory?	Share a happy event in your life.
Talk about 3 things you are grateful for.	Talk about someone special in your life.	FREE SPACE	Name two things you like about your appearance.	Smile for 10 seconds.
Share the greatest compliment you've received.	What is something you admire in others?	How will you relax and calm yourself?	Are you more like a gentle rain or a thunderstorm? Why?	If you were given \$10,000 what would you do with it?
I feel best when people -----.	How will you practice self-care?	If you could change places with one person for a day, who would it be and why?	What is your favorite place in your home, and why?	Name 3 qualities you like about your favorite animal.

Social Bingo

What is your favorite childhood memory?	What is something you admire in others?	I am best at _____.	How will you practice self-care?	Share something you would like to do but haven't.
What can you do to distract yourself from stressors?	Share the greatest compliment you've received.	Describe your most prized possession.	Give a compliment to the person on your left.	What positive advice would you give a younger person?
What do you value most?	Say something positive about yourself.	FREE SPACE	Give a positive statement.	Describe something you could do to make someone else happy.
How can you let go of things out of your control?	Give someone in the group a high-five.	Talk about 3 things you are grateful for.	Are you more like a gentle rain or a thunderstorm? Why?	How will you relax and calm yourself?
How will you be assertive in your everyday life?	If you could change places with one person for a day, who would it be and why?	How will you deal with anger in a healthy way?	Describe what you consider a "perfect vacation."	Share what makes you a unique and special person.

Social Bingo

How will you deal with anger in a healthy way?	Describe something you could do to make someone else happy.	Are you more like a gentle rain or a thunderstorm? Why?	What is your favorite place in your home, and why?	Name two things you like about your appearance.
How will you relax and calm yourself?	What positive advice would you give a younger person?	Describe your most prized possession.	Name 3 qualities you like about your favorite animal.	I am best at _____.
What do you value most?	I feel best when people _____.	FREE SPACE	If you were given \$10,000 what would you do with it?	What is something you would like to accomplish?
Share something you are proud of.	How will you practice self-care?	How can you let go of things out of your control?	Say something positive about yourself.	What is something you admire in others?
Give someone in the group a high-five.	How will you be assertive in your everyday life?	Give a compliment to the person on your right.	Share what makes you a unique and special person.	Smile for 10 seconds.

Social Bingo

Give a compliment to the person on your right.	Share what makes you a unique and special person.	How will you be assertive in your everyday life?	Describe what you consider a "perfect vacation."	Share the greatest compliment you've received.
How can you let go of things out of your control?	How will you deal with anger in a healthy way?	Give someone in the group a high-five.	Talk about 3 things you are grateful for.	Describe your most prized possession.
What is something you admire in others?	I feel best when people -----.	FREE SPACE	How will you relax and calm yourself?	What do you value most?
What is your favorite childhood memory?	If you were given \$10,000 what would you do with it?	Share something you would like to do but haven't.	Name 3 qualities you like about your favorite animal.	Smile for 10 seconds.
Say something positive about yourself.	If you could change places with one person for a day, who would it be and why?	Give a compliment to the person on your left.	Describe something you could do to help yourself feel happy.	Name two things you like about your appearance.

Social Bingo

Give a compliment to the person on your right.	Talk about someone special in your life.	Say something positive about yourself.	How will you relax and calm yourself?	I am best at _____.
Are you more like a gentle rain or a thunderstorm? Why?	If you could change places with one person for a day, who would it be and why?	Stand up and let everyone give you applause.	Give a positive statement.	I feel best when people _____.
Describe something you could do to make someone else happy.	Share the greatest compliment you've received.	FREE SPACE	How will you practice self-care?	What is something you would like to accomplish?
What positive advice would you give a younger person?	Smile for 10 seconds.	Share a happy event in your life.	What is your favorite place in your home, and why?	What can you do to distract yourself from stressors?
How will you be assertive in your everyday life?	Give someone in the group a high-five.	How will you deal with anger in a healthy way?	Name two things you like about your appearance.	Share something you are proud of.

Social Bingo

Talk about 3 things you are grateful for.	Say something positive about yourself.	I feel best when people _____.	I am best at _____.	Give a positive statement.
What positive advice would you give a younger person?	What is something you admire in others?	If you were given \$10,000 what would you do with it?	Name 3 qualities you like about your favorite animal.	Share something you are proud of.
How will you practice self-care?	What is your favorite childhood memory?	FREE SPACE	Smile for 10 seconds.	Describe something you could do to help yourself feel happy.
Share what makes you a unique and special person.	Describe your most prized possession.	What is something you would like to accomplish?	Describe what you consider a "perfect vacation."	Give a compliment to the person on your left.
How can you let go of things out of your control?	Stand up and let everyone give you applause.	Share the greatest compliment you've received.	Share something you would like to do but haven't.	What is your favorite place in your home, and why?

Social Bingo

How will you deal with anger in a healthy way?	What is your favorite place in your home, and why?	What is something you admire in others?	Are you more like a gentle rain or a thunderstorm? Why?	Describe your most prized possession.
How can you let go of things out of your control?	How will you practice self-care?	I feel best when people -----.	If you could change places with one person for a day, who would it be and why?	Describe something you could do to make someone else happy.
Share something you would like to do but haven't.	Give someone in the group a high-five.	FREE SPACE	Name two things you like about your appearance.	Describe something you could do to help yourself feel happy.
Share what makes you a unique and special person.	Share a happy event in your life.	Name 3 qualities you like about your favorite animal.	How will you be assertive in your everyday life?	Stand up and let everyone give you applause.
How will you relax and calm yourself?	Describe what you consider a "perfect vacation."	Talk about 3 things you are grateful for.	Talk about someone special in your life.	Say something positive about yourself.

Social Bingo

How will you be assertive in your everyday life?	How can you let go of things out of your control?	Are you more like a gentle rain or a thunderstorm? Why?	Smile for 10 seconds.	If you could change places with one person for a day, who would it be and why?
Describe what you consider a "perfect vacation."	What is your favorite childhood memory?	Say something positive about yourself.	If you were given \$10,000 what would you do with it?	Share something you would like to do but haven't.
Share something you are proud of.	Name two things you like about your appearance.	FREE SPACE	Give someone in the group a high-five.	Talk about someone special in your life.
What can you do to distract yourself from stressors?	How will you deal with anger in a healthy way?	Talk about 3 things you are grateful for.	What positive advice would you give a younger person?	Give a compliment to the person on your right.
Give a positive statement.	Share the greatest compliment you've received.	How will you relax and calm yourself?	Share what makes you a unique and special person.	What is something you admire in others?

Social Bingo

Share a happy event in your life.	Give a compliment to the person on your right.	If you were given \$10,000 what would you do with it?	What positive advice would you give a younger person?	Describe something you could do to make someone else happy.
What is your favorite place in your home, and why?	Smile for 10 seconds.	How will you be assertive in your everyday life?	Talk about someone special in your life.	I am best at _____.
I feel best when people _____.	What is something you admire in others?	FREE SPACE	Share the greatest compliment you've received.	Share something you are proud of.
How will you practice self-care?	Describe your most prized possession.	How will you relax and calm yourself?	Give a positive statement.	If you could change places with one person for a day, who would it be and why?
What is your favorite childhood memory?	Give someone in the group a high-five.	How will you deal with anger in a healthy way?	Are you more like a gentle rain or a thunderstorm? Why?	Describe what you consider a "perfect vacation."

Social Bingo

How will you relax and calm yourself?	What is something you admire in others?	If you were given \$10,000 what would you do with it?	Smile for 10 seconds.	Share something you are proud of.
What is something you would like to accomplish?	Describe your most prized possession.	Describe what you consider a "perfect vacation."	Talk about 3 things you are grateful for.	Give someone in the group a high-five.
How will you deal with anger in a healthy way?	Are you more like a gentle rain or a thunderstorm? Why?	FREE SPACE	What positive advice would you give a younger person?	How can you let go of things out of your control?
Share something you would like to do but haven't.	Stand up and let everyone give you applause.	Share what makes you a unique and special person.	Talk about someone special in your life.	How will you be assertive in your everyday life?
I am best at -----.	What is your favorite place in your home, and why?	Describe something you could do to make someone else happy.	What do you value most?	What can you do to distract yourself from stressors?

Social Bingo

Are you more like a gentle rain or a thunderstorm? Why?	What do you value most?	Give a positive statement.	How can you let go of things out of your control?	Give a compliment to the person on your right.
Name two things you like about your appearance.	Describe something you could do to help yourself feel happy.	How will you deal with anger in a healthy way?	Share something you would like to do but haven't.	What is something you would like to accomplish?
What is something you admire in others?	How will you be assertive in your everyday life?	FREE SPACE	Say something positive about yourself.	Describe your most prized possession.
Share what makes you a unique and special person.	What positive advice would you give a younger person?	If you could change places with one person for a day, who would it be and why?	Talk about someone special in your life.	What is your favorite place in your home, and why?
Describe what you consider a "perfect vacation."	How will you practice self-care?	I feel best when people _____.	Share a happy event in your life.	If you were given \$10,000 what would you do with it?

Social Bingo

Share something you would like to do but haven't.	Give a positive statement.	How will you practice self-care?	Share something you are proud of.	Smile for 10 seconds.
How will you relax and calm yourself?	Talk about someone special in your life.	Talk about 3 things you are grateful for.	Say something positive about yourself.	Share the greatest compliment you've received.
Describe something you could do to help yourself feel happy.	Are you more like a gentle rain or a thunderstorm? Why?	FREE SPACE	Describe your most prized possession.	Stand up and let everyone give you applause.
Share a happy event in your life.	What is something you admire in others?	If you were given \$10,000 what would you do with it?	How will you deal with anger in a healthy way?	Describe what you consider a "perfect vacation."
What can you do to distract yourself from stressors?	What do you value most?	Share what makes you a unique and special person.	What is your favorite place in your home, and why?	Name 3 qualities you like about your favorite animal.

Social Bingo

Name 3 qualities you like about your favorite animal.	Share something you would like to do but haven't.	How will you be assertive in your everyday life?	If you could change places with one person for a day, who would it be and why?	What is your favorite childhood memory?
What can you do to distract yourself from stressors?	Give a compliment to the person on your right.	Smile for 10 seconds.	Talk about someone special in your life.	What is something you admire in others?
Share what makes you a unique and special person.	What positive advice would you give a younger person?	FREE SPACE	Share a happy event in your life.	What is something you would like to accomplish?
Share something you are proud of.	Say something positive about yourself.	Are you more like a gentle rain or a thunderstorm? Why?	Stand up and let everyone give you applause.	What is your favorite place in your home, and why?
If you were given \$10,000 what would you do with it?	Name two things you like about your appearance.	I am best at _____.	Describe what you consider a "perfect vacation."	Describe something you could do to make someone else happy.

Social Bingo

How will you be assertive in your everyday life?	Talk about someone special in your life.	Describe something you could do to make someone else happy.	What is something you would like to accomplish?	Share what makes you a unique and special person.
Smile for 10 seconds.	Share a happy event in your life.	Are you more like a gentle rain or a thunderstorm? Why?	Describe your most prized possession.	What can you do to distract yourself from stressors?
Give a positive statement.	Talk about 3 things you are grateful for.	FREE SPACE	Describe something you could do to help yourself feel happy.	What positive advice would you give a younger person?
What is your favorite childhood memory?	How will you deal with anger in a healthy way?	Describe what you consider a "perfect vacation."	How will you relax and calm yourself?	Give someone in the group a high-five.
Stand up and let everyone give you applause.	Share the greatest compliment you've received.	I am best at _____.	Share something you are proud of.	What is your favorite place in your home, and why?

Social Bingo

I feel best when people -----.	Give a positive statement.	Describe something you could do to help yourself feel happy.	Give a compliment to the person on your right.	I am best at -----.
Smile for 10 seconds.	Give a compliment to the person on your left.	Share something you are proud of.	What is something you would like to accomplish?	Say something positive about yourself.
Share something you would like to do but haven't.	What is your favorite place in your home, and why?	FREE SPACE	How will you be assertive in your everyday life?	What do you value most?
Name 3 qualities you like about your favorite animal.	How will you relax and calm yourself?	How will you practice self-care?	Describe your most prized possession.	Stand up and let everyone give you applause.
Talk about 3 things you are grateful for.	What is your favorite childhood memory?	What is something you admire in others?	Describe something you could do to make someone else happy.	How will you deal with anger in a healthy way?