

# Strengths Bingo

Let's spend time thinking about our strengths. Meet with other students to learn what their strengths are. Ask each student you meet with to initial one of the boxes labeled with a strength they think they have. Meet with others until you get a bingo by completing a line on the board. You or a classmate can fill in the blank with another strength not listed.

B	I	N	G	O
Talking to new people	Trying new things	Resolving conflict	Being active	Motivating myself
Thinking through difficult problems	Asking for help	Focusing on a task for a long time	Doing things that make me happy regularly	Managing stress
Doing things that are scary to me	Making others laugh		Ending or changing unhealthy relationships	Finishing something I started
Supporting my friends	Pushing through, even when I'm struggling	Being kind to myself	Knowing why I'm upset	Understanding other people's perspectives
Standing up for myself	Calming myself down	Managing my worried or negative thoughts	Talking to authority figures	Resisting peer pressure