

SELF-AWARENESS FAMILY BINGO

Self-awareness has to do with noticing your own thoughts, feelings, reactions, and values. When we practice self-awareness, we are practicing noticing those things in ourselves.

How many of these self-awareness challenges can your family complete?
Try to do one a day, and tell someone about it! Check off each box as you complete it.

Smile at yourself in the mirror. Notice how it makes you feel.

Finish the sentence: "I've gotten much better at..."

Two places you feel anger in your body.

What are 3 things you love about the way you treat others?

I am proud of myself when...

Describe something that made you sad this week. Place your hand on your heart and say kind words to yourself.

Something I am curious about learning more about is...

If you could be any animal for one day, what would you be? Why?

Think about something you are worried about. Take 3 deep sighs.

If I could solve one problem in the world, it would be...

I can show love to myself by...

I feel powerful when...

I love it when my friends...

Tell me about a time you felt 2 things at the same time...

I feel safe when...

What are 5 ways your body is strong?