



"STAND UP" BINGO!

DIRECTIONS: Take Fantastic First Week into the rest of January and beyond! Each square has an action that represents standing up for ourselves and others. Use these prompts as ideas for actions you can take in your daily life to carry this core value with you throughout the month. When you get "BINGO," share it on the Wall of Wonderful!

I spoke up for a personal preference.

I listened to a friend or family member as they shared their feelings.

I shared my thoughts after I had been interrupted.

I encouraged someone to share their opinion.

I asked a coworker for help.

I helped a coworker.

I put myself out there.

I shared my ideas for a group plan.

I accepted someone else's apology.

I asked for something I needed from a friend or family member.

I helped a stranger.

I shared an opinion, even though it felt a little uncomfortable.



I asked a coworker if they needed help.

I asked a question when I needed more information.

I asked a friend or family member what they needed from me.

I spoke up when I saw something that didn't feel right.

I shared my feelings with a friend or family member.

I thanked someone for speaking up about something.

I encouraged someone else to put themselves out there.

I patiently answered someone else's question.

I accepted a coworker's help graciously.

I incorporated someone else's ideas into a group plan.

I asked someone to share their thoughts after they were interrupted.

I apologized to someone.