

























EMO BINGO

























Put an "X" on the squares below as they're called out.
When you cross out five in a row, yell "**BINGO!**" – you've won!

 Anxious	 Happy	 Stressed	 Lonely	 Nervous
 Sad	 Overwhelmed	 Excited	 Family Drama	 Annoyed
 Lost A Loved One	 Stressed About School	TEXT OR CALL 988	 Being Bullied	 Had A Bad Day
 Confident	 Worried About Money	 Proud	 Angry	 Bored
 Not Fitting In	 Frustrated	 Surprised	 Stressed About The Future	 Tired

Need help dealing with tough feelings?
Text or call 988 for free, emotional support, 24/7.

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When you cross out five in a row, yell "**BINGO!**" – you've won!

 Tired	 Proud	 Surprised	 Angry	 Nervous
 Bored	 Frustrated	 Confident	 Lost A Loved One	 Not Fitting In
 Family Drama	 Stressed About School	TEXT OR CALL 988	 Overwhelmed	 Worried About Money
 Excited	 Had a Bad Day	 Stressed	 Lonely	 Sad
 Annoyed	 Being Bullied	 Happy	 Stressed About The Future	 Anxious

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 Stressed	 Proud	 Bored	 Family Drama	 Confident	
 Lost A Loved One	 Annoyed	 Nervous	 Surprised	 Overwhelmed	
 Angry	 Stressed About School	TEXT OR CALL 988		 Excited	 Worried About Money
 Not Fitting In	 Stressed About The Future	 Tired	 Lonely	 Happy	
 Anxious	 Being Bullied	 Sad	 Had A Bad Day	 Frustrated	

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 Excited	 Angry	 Sad	 Family Drama	 Not Fitting In
 Lost A Loved One	 Overwhelmed	 Confident	 Surprised	 Annoyed
 Proud	 Stressed About School	TEXT OR CALL 988	 Stressed	 Stressed About The Future
 Nervous	 Worried About Money	 Happy	 Lonely	 Tired
 Bored	 Frustrated	 Anxious	 Had A Bad Day	 Being Bullied

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 Confident	 Overwhelmed	 Lost A Loved One	 Stressed	 Surprised
 Sad	 Angry	 Excited	 Not Fitting In	 Bored
 Anxious	 Had A Bad Day	TEXT OR CALL 988	 Frustrated	 Stressed About The Future
 Being Bullied	 Worried About Money	 Happy	 Lonely	 Annoyed
 Tired	 Family Drama	 Proud	 Stressed About School	 Nervous

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When you cross out five in a row, yell "**BINGO!**" – you've won!

 Excited	 Sad	 Angry	 Not Fitting In	 Bored
 Overwhelmed	 Lost A Loved One	 Confident	 Stressed	 Surprised
 Anxious	 Stressed About The Future	TEXT OR CALL 988	 Being Bullied	 Had A Bad Day
 Frustrated	 Worried About Money	 Tired	 Nervous	 Annoyed
 Happy	 Proud	 Family Drama	 Stressed About School	 Lonely

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