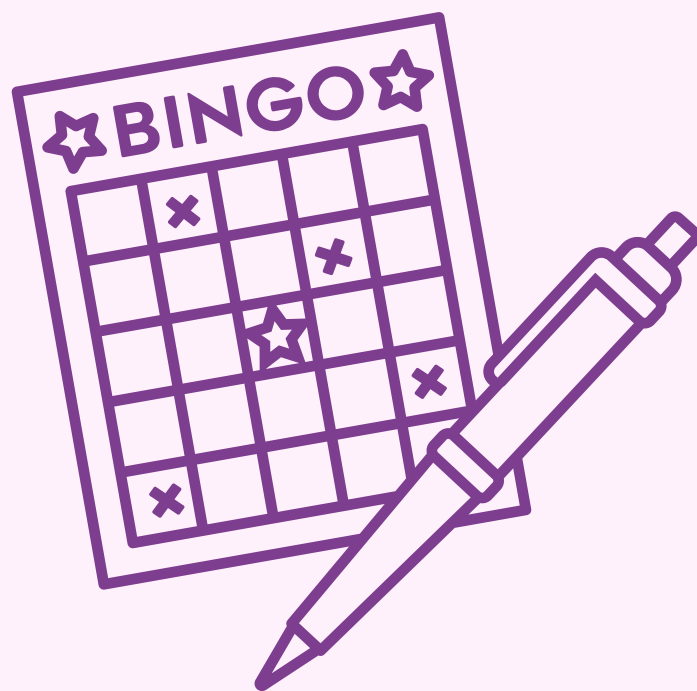


# Boundary bingo

with Jo



## How to Play:

1. Check off each square when you successfully set a boundary in that situation.
2. Share your completed Bingo card and tag us!  
[@jothebunny](#) [#BoundaryBingo](#) [#Josaysno](#)

# Boundary bingo



|   |   |                                 |   |                                      |
|---|---|---------------------------------|---|--------------------------------------|
| Said no to sharing my toy                     | Asked for some alone time                         | Said no to a game I didn't like | Told a friend I didn't want to play     | Respected a friend's no              |
| Asked for help when I needed it               | Told someone to stop when I didn't like something | Took a break when I felt tired  | Said no to sharing my snack             | Stood up for myself kindly           |
| Asked for a snack when I was hungry           | Used a strong voice to say no                     | FREE SPACE                      | Said no without feeling bad             | Asked for space when I felt crowded  |
| Told a friend I wanted to play something else | Asked for a hug                                   | Asked to play by myself         | Asked someone to stop bothering me      | Said no to wearing a certain outfit  |
| Refused to eat something I didn't like        | Told someone I didn't want to share               | Communicated my feelings        | Told a grown-up I didn't like something | Told a friend I wanted to play alone |