

# Confidence-Boost Bingo

This is a fun way to encourage your students to recognize and celebrate small wins that build confidence and self-esteem.

## How to Use:

1

### Distribute the bingo cards

to each student in your classroom. Each card is filled with confidence-boosting activities. You can also let students create their own by choosing from a list of different prompts you may prefer.

2

### Set the time frame

and decide if the game will be played during one class period, throughout the day, or as a week-long challenge. Up to you!

3

### Play it!

Read the prompts provided and ask your students to mark off the corresponding squares in the bingo cards if they have done the actions mentioned. They can reflect on their experiences along the way.

4

### Get a Bingo!

Students aim to complete a row, column, or diagonal. For an extra challenge, they can try to fill the entire card.

5

### Celebrate

by recognizing your students' achievements and discussing their favorite moments, sharing wins, or rewarding participation with a fun class activity.

## Optional:

Encourage students to share one action they completed and how it made them feel to reinforce positive self-reflection.



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Gave myself a compliment today	Wrote down 3 things I'm good at	Finished a task I'd been putting off	Took a break when I felt overwhelmed	Wrote down one goal I want to achieve
Raised my hand in class	Told a friend something I like about them	Practiced deep breathing for 1 minute	Asked someone how their day was	Cheered on a friend or classmate
Tried something new, even if it felt scary	Smiled at someone in the hallway	★	Listened to music that made me feel confident	Drew or doodled something that makes me happy
Helped someone without being asked	Stretched or moved my body to feel good	Said "thank you" to myself for working hard	Tried a positive "I am..." statement (like "I am brave")	Took 3 big belly breaths before starting something
Made a mistake and kept going	Shared my opinion in a group	Sat with someone new at lunch or in class	Laughed at something silly	Made someone else laugh

