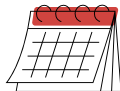


Building RESILIENCE Bingo Board

Encourage Journaling or Drawing 	??? Ask your child what they need	Create a collage together using stickers and magazine clippings 	Encourage your child to storytell 	
	Create a Scavenger Hunt for your child	?? Ask your child how they are feeling		Watch your child put on a play or a show
Celebrate holidays and traditions 	 Go to the library for storytime	Free Space 	 Read a story to your child	 Do arts and crafts together
	Go on a hike or walk out in nature	Play Imaginatively with your child 		Celebrate your child Tell your child that you appreciate him or her
Make a glitter jar together		Cook or bake together 	Encourage your child to play a sport	