



Helpful People in our Lives - Bingo Sheet

Use this sheet to see if you can find people who are helpful and you can go to for support. They belong to either our intimate (close family); friendship (wider family and friends); participations (clubs and activities) or exchange (the community) circles of support.

Put the name of the person and colour in the box when you have found someone. See if you can colour in all the boxes.

Parent:	Doctor:
Best friend:	Fitness coach/instructor:
Milkman/window cleaner:	Aunty:
Cousin:	Friend who makes you laugh:
Afterschool club helper:	School secretary/office:
Sibling:	Friend who is good at listening:
Friend who bakes great cakes:	Grandparent: