



# 2026 BINGO

I paused before responding to behaviour.	I noticed who wasn't in the room and wondered why.		I repaired a rupture instead of moving on.	I created safety before expectations.
I asked what's going on for you? instead of what's wrong with you?	I remembered behaviour is communication	I chose curiosity over consequence	I reminded myself this child is not giving me a hard time, they are having one.	I slowed my body language as well as my voice.
I built belonging in the middle of the mess	I protected dignity, even when behaviour was challenging.		I held a boundary with warmth.	I remembered that fear might look like defiance.
I slowed the moment down instead of escalating it.	I regulated myself before expecting regulation from someone else	I stayed present instead of reactive.	I chose relationship over being right.	I stayed beside, not above.
I noticed my tone before my words.	I looked for the need underneath the behaviour.	I offered connection before correction.	I noticed who needed me most, not who was loudest.	I trusted that small moments matter.

*One system. Many hands. One starfish at a time*