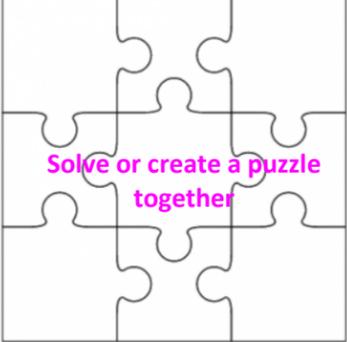




# Social Emotional Learning BINGO

What is SEL? <https://youtu.be/ikehX9o1Jbl>



SELF-MANAGEMENT	SELF-AWARENESS	SOCIAL AWARENESS	RELATIONSHIP SKILLS	DECISION-MAKING
<p><b>Organize it:</b></p> <p>Discuss what it means to be organized and how we know when something is organized and tidy. Gather a set of supplies for each child or team. Set the timer to a certain amount (five minutes, for example) and see if the child can return those items to the correct spot.</p>	<p><b>Developing self-awareness:</b></p> <p><b>Daily Prompts</b></p> <ol style="list-style-type: none"> <li>1, What am I thankful for at this moment?</li> <li>2, What did I learn today?</li> <li>3, How am I better than yesterday?</li> <li>4, How can I improve tomorrow?</li> <li>5, How did I treat or respond to others today?</li> <li>6, Were my actions of kindness and love?</li> <li>7, How can I do better tomorrow?</li> <li>8, What happened today that made me feel full or loved?</li> <li>9, What challenged me today and how can I do better?</li> <li>10, Did I challenge myself today?</li> </ol>	<p><b>Empathy:</b></p> <p>How to be empathetic:</p> <ul style="list-style-type: none"> <li>• Look – how does that person look like they are feeling?</li> <li>• Think – How would I feel if that was me?</li> <li>• Ask – How do you feel? Can I help you?</li> </ul>	<p><b>Conversation starters:</b></p> <p>Start with small talk. Begin just by saying hi, asking how someone is doing, or talking about the weather. Starting with small talk can lead the way into a longer conversation when you want it to.</p>	<p><b>Being Responsible:</b></p> <p><b>Catch the Responsibility Bug!</b></p> <ul style="list-style-type: none"> <li>• Know what's expected</li> <li>• Keep commitments</li> <li>• Do my best</li> <li>• Don't make excuses</li> <li>• Fix my mistakes</li> </ul>
<p><b>Mindful scavenger hunt:</b></p> <p>Create a list of 10-12 items you want kids to find. Give kids time to explore and find these items. This can be done inside or outside. It could be related to an Easter Egg Treasure Hunt!</p>	<p><b>Building confidence:</b></p> <p><b>Help Kids Boost Confidence</b></p> <ol style="list-style-type: none"> <li>1, Encourage a growth mindset</li> <li>2, Encourage independence and risk-taking</li> <li>3, Remind kids of their strengths</li> <li>4, Give them chances to shine</li> <li>5, Give specific positive feedback</li> <li>6, Teach and discuss resilience</li> <li>7, Celebrate their accomplishments</li> <li>8, Teach positive self-talk</li> <li>9, Have kids reflect on growth</li> <li>10, Celebrate diversity/uniqueness</li> <li>11, Encourage kids to follow their passions</li> <li>12, Help kids set and meet individual goals</li> </ol>	<p><b>Create a Family Kindness Jar:</b></p> <p><a href="https://kidsactivitiesblog.com/102518/family-kindness-jar/">https://kidsactivitiesblog.com/102518/family-kindness-jar/</a></p> <p>Watch this video to learn how you can make a Family Kindness Jar!</p>	<p><b>Give a kind compliment:</b></p> <p>Discuss what it means to be kind and give compliments. Then, have each person (kids and adults) write their name on a piece of paper. Pass that paper to your right. When you get someone else's paper, write something kind and thoughtful about that person.</p>	<p><b>Good Choice Bad Choice:</b></p> <p><a href="https://youtu.be/6MwLoi_gxCs">https://youtu.be/6MwLoi_gxCs</a></p> <p>Watch this video to learn how you can make good choices every day!</p>
<p><b>Awareness I Spy:</b></p> <p>Start by saying, "I spy with my little eye ..." Have kids stay where they are and look around for the item. Instead of just guessing, it's helpful to have them ask questions that really make them think. After giving some time for questions, allow the child to guess what it is. Whoever guesses it right can be the next to spy something.</p>	<p><b>Understanding emotions:</b></p> <p>It's time for charades! Cut out slips of paper and write different emotions on each (happy, excited, upset, etc.). Put them in a jar or hat. Take turns picking an emotion and acting them out. Guess and discuss a time you felt that emotion.</p>	<p style="text-align: center;">FREE</p>  <p style="text-align: center;">SPACE</p>	<p><b>Working with others:</b></p> <p>Have each family member collect household items to build a tower. Using all of those items, how big can you build your tower as team?</p>	<p><b>Being a good citizen:</b></p> <p>Take a walk with your family and clean up the environment by picking up trash. Sort the items into two piles according to whether they are recyclable or not. Reminder that recycling means an item can be made into something that can be used again.</p>
<p><b>Self-Control:</b></p> <p>Practice five finger breathing. <a href="https://www.youtube.com/watch?v=sh79w9pn9Cg&amp;feature=emb_title">https://www.youtube.com/watch?v=sh79w9pn9Cg&amp;feature=emb_title</a></p> 	<p><b>Good character:</b></p> <p><b>Caring</b> – feel for others and want to help them  <b>Loyal</b> – faithful and devoted to friends and family  <b>Trustworthy</b> – others can rely on you to do the right thing  <b>Courageous</b> – being brave even when things are scary or difficult  <b>Perseverant</b> – determined to reach a higher goal  <b>Honest</b> – tell and live the truth  <b>Responsible</b> – follow through with commitments  <b>Respectful</b> – treat yourself and others with courtesy and kindness</p>	<p><b>Let's talk with respect:</b></p> <p>I agree with you because...          Could you please tell me more about...          Could you explain your answer?          I would like to point out...          This reminds me of...          I'm surprised that...          This makes me wonder about...          I think the autor is trying to say...          What I heard you say was...          I noticed that...          I understood what you are saying but I think...          This makes me think about...          I learned that...          I figured out that...          Could you show me?</p>	<p><b>Including others:</b></p> <p><b>How do you include?</b></p> <p>Invite others to join          Normalize the experience          Commit to inclusive practice          Lead by example          Uncover strengths and talents          Differentiate activities          Encourage interaction</p>	<p><b>Problem solving:</b></p> 
<p><b>Managing Emotions:</b></p> <p>Explain that kids will be practicing mindfulness, which is a skill that helps us stay calm and in control. Have kids look around their room to find 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset when needed.</p>	<p><b>Make a Dream Catcher:</b></p> <p><a href="https://youtu.be/pd5mOkz6-kM">https://youtu.be/pd5mOkz6-kM</a></p> <p>Watch this video to learn how you can make your very own Dream Catcher!</p>	<p><b>Perspective-taking:</b></p> <p>Movie night! Watch a movie with your family. Have a discussion about what you liked and did not like about the movie. Everyone takes turns. Practice active listening when it is not your turn. Notice how the similarities and differences in everyone's review of the movie.</p>	<p><b>Friendship skills:</b></p> <p>Sometimes we need to compromise to get along. We are faced with a decision, agree on a solution and make a choice together. Discuss a time where you had to compromise with a friend and how that felt.</p>	<p><b>Healthy habits:</b></p> <p>Follow directions          Using manners          Having a positive attitude          Working with others          Good hygiene          Use polite words          Taking turns          Greetings          Waiting and having patience          Being a good sport          Listening to others          Understanding personal space</p>