

-Social Emotional Learning-

-BINGO Style-

Caring	Mindful	Challenge	Nature	Social
<p>Write a letter or make a card for someone special</p> 	<p>Set up a special space where you can go when you feel upset</p> 	<p>Create your own scavenger hunt for others. Include both indoor and outdoor items</p> 	<p>Practice Self Control outside! Sit with your eyes closed for 5 minutes- What did you hear?</p> 	<p>Learn about a new culture and make something: Picture/food</p> 
<p>Make a list of what you love about yourself and hang it where you can see</p> 	<p>Watch a video: Meditation or guided imagery. How do you feel?</p> 	<p>Pick a toy and give it a new life! Create scenery from legos, cardboard, etc</p> 	<p>Take a virtual tour of a zoo, or aquarium.</p> 	<p>Listening skills- Ask someone how their day is going - Is there anything you can do to help?</p> 
<p>Help a family member with chores around the house. List what you can do without help</p> 	<p>"I Feel". Spend 2 minutes thinking about how you feel. Start a journal and practice this daily</p> 	<p>What makes you unique? Share your special skill or talent with someone</p> 	<p>Sit outside with your eyes open, Be still for 5 minutes- What do you see?</p> 	<p>Positive Actions- Do something without being asked or told How did it make you feel?</p> 
<p>Read a book and talk about the characters feelings. Can you relate?</p> 	<p>Make a poster about What and Who you are thankful for</p> 	<p>Take a virtual tour of a museum. Re-create any artwork of your choice</p> 	<p>Find things inside/outside that look like letters in your name</p> 	<p>What do you want to be when you grow up? How can you achieve your goal?</p> 
<p>Make a poster to show Kindness at home and school</p> 	<p>What makes you a good friend? Write or draw about what being a good friend means</p> 	<p>Find a recipe and make something special for your family</p> 	<p>Take a walk and count how many colors you see. Draw it!</p> 	<p>Play emotion charades- can anyone guess the feelings on your face?</p> 