

#SELday BINGO

Self-Awareness	Self-Management	Social Awareness	Responsible Decision-Making	Relationship Skills
Write down three words your friends would use to describe you.	Write down three coping strategies that you have learned and can use when your lid is flipped.	Learn something about another culture and write down what you learned.	Organize desk and personal space.	Ask a friend how they are doing.
List three subject areas you are strongest in.	Do something you enjoy! Read a book, draw a picture, or journal.	Make a thank you card for your teacher.	Make a list of consequences for negative behaviors.	Give a kind compliment to a peer.
Write down five things you are grateful for.	Practice belly breathing for 30 seconds.	FREE SPACE for being you!	Create a small goal for the day, and then go make it happen!	Say "Hi" to someone that you do not normally talk to.
Write down something that you are having trouble with or are worried about.	Create a positive statement for yourself. What do you need to hear today? Repeat it to yourself and write it down.	Help someone without being asked.	Write down the name of someone you can go to when you need help with something.	Solve a disagreement or argument peacefully.
Name five things you love about yourself.	Spend one minute focusing on your thoughts. What are you thinking about?	Learn to say thank you in a new language.	Solve or create a puzzle.	Name something that makes you a good friend.

#SELday BINGO

Self-Awareness	Self-Management	Social Awareness	Responsible Decision-Making	Relationship Skills
Name 1 word a friend would use to describe you	Do a feeling check in with yourself. How do you feel? How do you know?	Help someone without being asked.	Organize Desk and Personal Space	Ask a friend how they are doing today.
Name your favorite subject in school	Do something you enjoy! Read a book, draw a picture, or journal	Make a card for someone you care about.	Write down the name of someone you can go to when you need help.	Say "Hi" to someone that you do not usually talk to.
Name 1 thing you are grateful for.	Practice belly breathing for 30 seconds.	FREE SPACE for being you!	Do something that you are asked to do.	Name something that makes you a good friend.
Name 1 thing you can do when you are upset.	Name 1 thing you can repeat to yourself that makes you feel good about yourself.	Learn something about another culture.	Solve or create a puzzle.	Take turns
Name 1 thing you love about yourself.	Spend one minute focusing on your thoughts. What are you thinking about?	Invite someone to play with you at recess or be your partner in class.	Raise your hand to get your teacher's attention.	Say "Please" and "Thank you".