Mrs. Premo's 3rd-5th Grade Social Emotional Learning BINGO
Make Bingo with the blocks below by completing 5 blocks in a row.
Challenge yourself to fill in the entire BINGO Card

Call someone you love who doesn't live with you and have a conversation using kind words.	After washing your hands, create a friendly card to send to an elderly person you live near. Deliver to their mailbox with a trusted adult.	Work with your family to think of all the things you can do and say to make your home a happier place!	Practice when it's appropriate to be silly versus serious while playing Freeze Dance!	Surprise a family member by making them a snack or meal!
Think of a time you made a mistake with how you handled your feelings. How could you have handled that differently?	Create a piece of art to give a friend once we are back at school.	Call a friend and tell them how you are feeling about e-learning. Make sure to listen AND share.	While you watch a TV show notice how the characters feel. How many emotions can you find?	Practice being mindful. Sit quietly and notice all that is going on around you.
Practice having a growth mindset. Try something new and don't give up!	It's okay to be mad but it's not okay to be mean. Make a list of ways to calm down when you are angry without hurting anyone.	Create a children's book about kindness and anti-bullying. Include your own characters and ideas on how to stop bullying!	Invite everyone you live with to play a game with you! Make sure to be a good sport.	Ask a loved one to tell you about a time they felt a big emotion. Make sure to ask them questions!
Write or draw about what you *hope* for this time at home, and for when we are back at school.	Tell a loved one about a time you felt a big emotion. How did you deal with it?	Go outside and write an encouraging message for people either in chalk or on paper.	Go for a walk outside and think of all the things you are grateful for. How many can you think of?	Pretend you are the school counselor! Write 5 sentences describing what your job would look like.