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About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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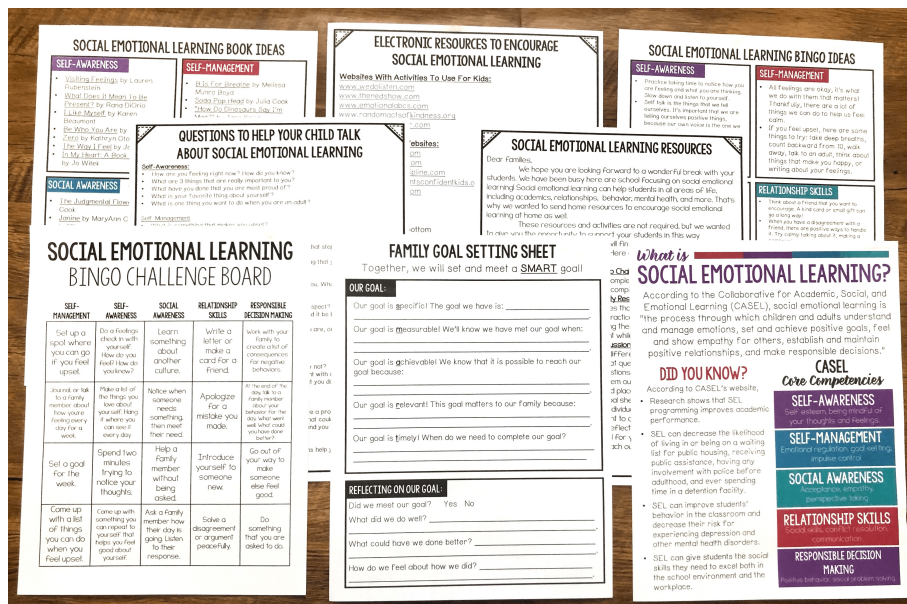
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ABOUT THIS RESOURCE:

- This bingo board is designed to encourage students to practice social emotional learning skills. There are 4 activities for each of the CASEL competencies.
- This is a great resource to give to students and families over the summer, during spring break, or for any other extended break from school. If you are using the resource in this way, you may choose to provide an incentive for the students who complete the challenges.

LOOKING FOR MORE?

- This bingo board is part of a resource that contains resources, information and ideas to encourage social emotional learning at home. The resource is a great way to involve students and their families in SEL and to increase family cohesiveness.
- The full resource is editable to best meet the needs of you and your students.



GRAB THE FULL RESOURCE HERE: [HTTP://BIT.LY/FAMILYSEL](http://bit.ly/familysel)

SOCIAL EMOTIONAL LEARNING

BINGO CHALLENGE BOARD

SELF-MANAGEMENT	SELF-AWARENESS	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
Set up a spot where you can go if you feel upset.	Do a feelings check in with yourself. How do you feel? How do you know?	Learn something about another culture.	Write a letter or make a card for a friend.	Work with your family to create a list of consequences for negative behaviors.
Journal, or talk to a family member about how you're feeling every day for a week.	Make a list of the things you love about yourself. Hang it where you can see it every day.	Notice when someone needs something, then meet their need.	Apologize for a mistake you made.	At the end of the day, talk to a family member about your behavior for the day. What went well. What could you have done better?
Set a goal for the week.	Spend two minutes trying to notice your thoughts.	Help a family member without being asked.	Introduce yourself to someone new.	Go out of your way to make someone else feel good.
Come up with a list of things you can do when you feel upset.	Come up with something you can repeat to yourself that helps you feel good about yourself.	Ask a family member how their day is going. Listen to their response.	Solve a disagreement or argument peacefully.	Do something that you are asked to do.