

Social and Emotional Learning

SEL Bingo

As you complete each task record the date. Which column, row or diagonal will you finish first? Can you fill in the entire card?



Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
<p>Name 3 words to describe yourself</p> <p>Date:</p>	<p>Create a safe space in your house where you can go to relax or if you feel upset</p> <p>Date:</p>	<p>Draw a thank you poster for the NHS and display on your window</p> <p>Date:</p>	<p>Write a letter to a friend to cheer them up when you are off school</p> <p>Date:</p>	<p>Check your home-school space is organised and you are responsible for keeping it tidy</p> <p>Date:</p>
<p>What are your favourite subjects at school and why?</p> <p>Date:</p>	<p>Set yourself 3 goals you can achieve in the next month</p> <p>Date:</p>	<p>Learn something new about another culture</p> <p>Date:</p>	<p>Call or facetime other family members who you have not seen for a little while</p> <p>Date:</p>	<p>Teach someone in your house the problem-solving skills you have learnt</p> <p>Date:</p>
<p>Tell someone what makes you happy</p> <p>Date:</p>	<p>What are 3 things you can do if you are sad?</p> <p>Date:</p>	<p>Play a board game with someone else and practise your fair play rules</p> <p>Date:</p>	<p>Work as a team with someone else from your house to complete chores</p> <p>Date:</p>	<p>Use I-Statements if you are having a disagreement</p> <p>Date:</p>
<p>What are 5 things you are grateful for?</p> <p>Date:</p>	<p>Research someone who worked hard to achieve a goal</p> <p>Date:</p>	<p>Help someone with household chores without being asked</p> <p>Date:</p>	<p>Ask a family member how they are feeling and listen to their answer and respond with love</p> <p>Date:</p>	<p>Decide on 2 jobs around the house that you will take full responsibility for each week</p> <p>Date:</p>