

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