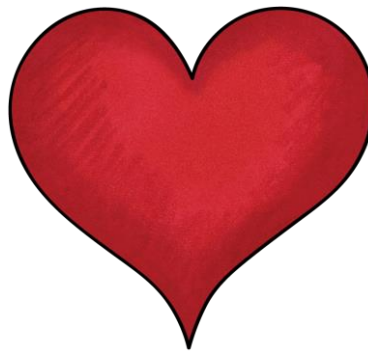


# BACK-TO-SCHOOL

## SOCIAL EMOTIONAL LEARNING

# BINGO

Social BINGO game on social-emotional learning within a fun, back-to-school ice breaker format!



Included in this resource:

- Two SEL BINGO card versions:
  - Group Activity
  - Individual
- What is SEL?
- How to use SEL BINGO in your classroom
- Why teach SEL?





# TERMS OF USE

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## CLIP ART CREDITS



# BACK-TO-SCHOOL

Social Emotional Learning

## BINGO

Break the ice with your students in this fall with an engaging social emotional learning BINGO activity! This BINGO game includes questions within all 5 areas of the [CASEL](#) framework including: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Help your students make the connection between summer activities and social emotional learning tasks.

### WHAT ARE SOCIAL EMOTIONAL SKILLS?

Social emotional skills, frequently referred to as Social Emotional Learning (SEL), are capabilities to help students process and gain knowledge for life effectiveness such as acting fairly, creating positive relationships, and managing tough situations successfully. These skills help students recognize and manage their emotions, think about their feelings, and regulate their behavior based on careful decision making.

### HOW TO USE THESE BINGO CARDS:

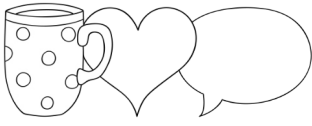
This SEL BINGO Game lets students move around and interact with their peers. This activity facilitates natural conversations and helps students get to know each other on a deeper level in positive and productive ways.

### WHY TEACH SOCIAL EMOTIONAL SKILLS?

Research shows that schools that embed SEL strategies within their school curriculum improves academic performance, facilitates better behavior, and develops social skills. SEL skills directly impact academic, social, and home participation.

### HOW TO USE THESE BINGO CARDS

Students can complete this bingo activity within a small or large group with peers. This resource also includes an individual format so students can have the option to complete independently. Each area within this SEL framework includes questions that your students can reflect on within specific SEL skills.















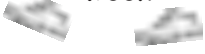









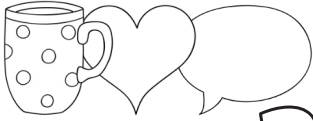
# GROUP ACTIVITY

# BACK-TO-SCHOOL BINGO

Name: \_\_\_\_\_

DIRECTIONS: Let's get social! Talk to various classmates and find a someone who has completed the task for each square. A maximum of 2 squares for each person.










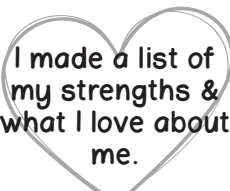













Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Wrote their thoughts and feelings in a journal  _____ name	Set goals for this week  _____ name	Did all chores and homework  _____ name	Joined a club or team  _____ name	Made a special handshake with a friend or family member  _____ name
Practiced breathing slow, deep breaths for 2 minutes _____ name	Made a list of things I can do when I'm upset  _____ name	Reflected at the end of the day: What went well? What could go better?  _____ name	Met someone new  _____ name	Asked family members about their day was going?  _____ name
Made a list of strengths  _____ name	Cleaned out their binder or bedroom  _____ name	<b>FREE SPACE</b>	Resolved a disagreement peacefully  _____ name	Helped a classmate or teacher  _____ name
Wrote a positive affirmation  _____ name	Exercised for at least 2 hours last week  _____ name	Created a homework or study schedule  _____ name	Made a card for someone  _____ name	Listened to someone's story without interrupting _____ name
Started a new healthy habit  _____ name	Slept at least 9 hours  _____ name	Wrote a to-do list & checked things off  _____ name	Apologized for something I said or did that hurt someone  _____ name	Read a book about someone from a different culture  _____ name



INDIVIDUAL

# BACK-TO-SCHOOL BINGO

DIRECTIONS: Think about your summer. How did you spend your time? What activities did you do? Who did you socialize with? Look at each square of the BINGO card and mark in which activities you completed.

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
<p>I wrote my thoughts and feelings in a journal.</p> 	<p>I set goals for myself this week.</p> 	<p>I did all of my chores and homework.</p> 	<p>I joined a club or team.</p> 	<p>I made a special handshake with a friend or family member.</p> 
<p>I practiced breathing slow, deep breaths for 2 minutes.</p>	<p>I made a list of things I can do when I'm upset.</p> 	<p>At the end of the day, I reflected. What went well? What could go better?</p> 	<p>I introduced myself to someone new.</p> 	<p>I asked a family member how his or her day was going.</p> 
<p>I made a list of my strengths &amp; what I love about me.</p> 	<p>I cleaned out my binder or bedroom.</p> 	<p><b>FREE SPACE</b></p>	<p>I resolved a disagreement peacefully.</p> 	<p>I helped a classmate or teacher.</p> 
<p>I wrote a positive affirmation.</p> 	<p>I exercised for at least 2 hours last week.</p> 	<p>I created a homework or study schedule.</p> 	<p>I made a card for someone.</p> 	<p>I listened to someone's story without interrupting.</p> 
<p>I started a new healthy habit.</p> 	<p>I slept at least 9 hours.</p> 	<p>I created a to-do list &amp; checked things off.</p> 	<p>I apologized for something I said or did that hurt someone.</p> 	<p>I read a book about someone different than me.</p> 

# ABOUT POSITIVELY MOXIE

Molly (a junior high school counselor and former elementary school teacher) and Jill (a school-based occupational therapist) have teamed up to empower teachers, counselors, therapists, and parents who want to teach young people the skills needed to better coach their brains for greater flourishing.

We are influenced by the science of positive psychology, counseling techniques, self-regulation, cognitive behavioral therapy, sensory processing, executive functioning, and brain science! We understand our students and youth need as many “tools” in their toolbox as we can give them.

Molly and Jill are passionate about creating relevant, high quality, and actionable resources to address well-being and resilience skills for students!



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9 COLORED POSTERS  
13 WORKSHEETS  
2 QUIZZES and MORE!

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