





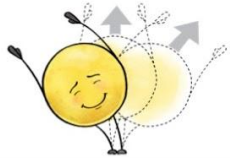



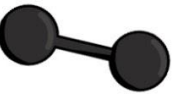









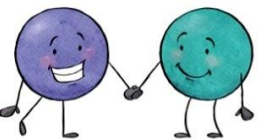

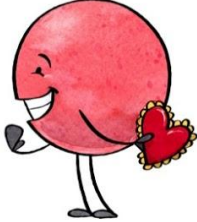












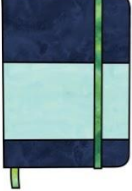





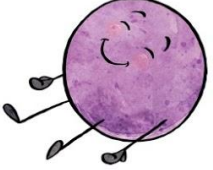






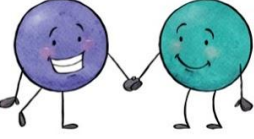


# SELF-CARE BINGO

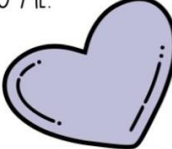
<p>DID A RANDOM ACT OF KINDNESS ANONYMOUSLY</p> 	<p>You GOT this!</p>  <p>PUT A POST IT NOTE ON MY FRIDGE WITH A POSITIVE MESSAGE TO MYSELF.</p>	 <p>WROTE DOWN FIVE GOOD THINGS ABOUT MYSELF</p>	<p>BOUGHT MYSELF FLOWERS, ICE CREAM OR A SMALL TREAT JUST BECAUSE</p> 	<p>SAID NO TO SOMETHING I DON'T HAVE TIME FOR OR THAT DOESN'T SERVE MY HEALTH</p> 
<p>IGNORED ALL NEWS AND POLITICAL TALK FOR ____ DAYS</p> 	<p>TURNED ON MUSIC AND DANCED FOR 20 MINUTES FOR EXERCISE.</p> 	 <p>THOUGHT OF THREE POSITIVE THINGS ABOUT SOMEBODY I DON'T LIKE</p>	<p>TOLD THE TRUTH EVEN THOUGH IT WAS UNCOMFORTABLE.</p> 	 <p>DID SOMETHING CREATIVE OR ARTISTIC — MADE SOMETHING JUST BECAUSE</p>
<p>SET A GOAL FOR A NEW HEALTHY HABIT (FITNESS OR NUTRITION GOAL)</p> 	 <p>GOT RID OF 3 ITEMS THAT I HAVEN'T USED IN A YEAR</p>	<p>FREE SPACE</p>  <p>SURVIVED</p>	<p>CAUGHT MYSELF BEING NEGATIVE AND REMINDED MYSELF OF 3 POSITIVE THINGS</p> 	 <p>CLEANED OUT OR ORGANIZED A MESSY DRAWER, CLOSET OR SMALL SPACE</p>
<p>PAID ATTENTION TO MY WATER INTAKE FOR AN ENTIRE DAY TO STAY HYDRATED</p> 	 <p>GOOGLED "MEDITATION" AND FOUND ONE THAT I LIKE.</p>	<p>TRIED A NEW HOBBY</p> 	<p>VOLUNTEERED</p> 	<p>TRIED A NEW HEALTHY RECIPE OR A FRUIT I'VE NEVER TASTED.</p> 
 <p>SCHEDULED AN OUTING WITH SOMEONE I LOVE</p>	<p>WENT ON STRIKE FOR ONE DAY.</p> 	 <p>LET GO OF A GRUDGE</p>	<p>WROTE A PRIORITY LIST AND SCRATCHED OFF THREE THINGS I CAN LET GO</p> 	<p>WENT OUTSIDE AND COUNTED ALL OF THE BEAUTIFUL THINGS I COULD FIND.</p> 

# SELF-CARE BINGO

 <p>TRIED A NEW HOBBY</p>	<p>PAID ATTENTION TO MY WATER INTAKE FOR AN ENTIRE DAY TO STAY HYDRATED</p> 	<p>WATCHED AN OLD BLACK AND WHITE MOVIE</p> 	<p>WENT ON STRIKE FOR ONE DAY.</p> 	 <p>LISTED 3 MISTAKES/FAILURES AND ONE THING I LEARNED FROM EACH</p>
<p>COMPLETED A MAZE OR PUZZLE</p> 	 <p>YELLED INTO A PILLOW OR IN THE WOODS</p>	 <p>MADE A PLAYLIST OF SONGS THAT MAKE ME HAPPY</p>	<p>GOOGLED 4-7-8 BREATHING AND TRIED IT</p> 	 <p>PUT A POST IT NOTE ON MY FRIDGE WITH A POSITIVE MESSAGE TO MYSELF.</p>
 <p>WROTE DOWN FIVE GOOD THINGS ABOUT MYSELF</p>	<p>GET A NEW BOARD GAME AND FIND SOMEBODY TO PLAY WITH YOU.</p> 	<p><b>FREE SPACE</b></p> <p><b>GOT OUT OF BED</b></p>	<p>VOLUNTEERED AT A SHELTER, RETIREMENT HOME OR OTHER.</p> 	<p>WROTE A PRIORITY LIST AND SCRATCHED OFF THREE THINGS I CAN LET GO</p> 
 <p>DID SOMETHING CREATIVE OR ARTISTIC — MADE SOMETHING JUST BECAUSE</p>	<p>SAID NO TO SOMETHING I DON'T HAVE TIME FOR OR THAT DOESN'T SERVE MY HEALTH</p> 	 <p>TRIED PROGRESSIVE MUSCLE RELAXATION</p>	<p>ASKED A LIBRARIAN TO SUGGEST A BOOK ON A TOPIC I LIKE OR FOUND A SELF-HELP BOOK OR BLOG.</p> 	<p>SAT IN A DARK ROOM WITH A LIT CANDLE WHILE REFLECTING ON MY BLESSINGS.</p> 
 <p>IGNORED ALL NEWS AND POLITICAL TALK FOR A DAY OR WEEK!</p>	<p>HAD A GUILT FREE TREAT (snack, nap, alone time, or a break)</p> 	<p>WENT OUTSIDE AND COUNTED ALL OF THE BEAUTIFUL THINGS I COULD FIND.</p> 	<p>SET A GOAL FOR A NEW HEALTHY HABIT (FITNESS OR NUTRITION GOAL)</p> 	 <p>SCHEDULED AN OUTING WITH SOMEONE I LOVE</p>



# SELF-CARE BINGO

 <p>WROTE A HAND WRITTEN THANK YOU TO SOMEONE</p>	 <p>MADE A PLAYLIST OF SONGS THAT MAKE ME HAPPY</p>	<p>FORGAVE SOMEONE BECAUSE I DESERVE THE PEACE</p> 	<p>WROTE DOWN TEN THINGS I AM THANKFUL FOR TODAY.</p> 	 <p>TOOK A BUBBLE BATH, TRIED A FACE MASK AT HOME OR BOOKED A SPA APPOINTMENT</p>
<p>ORGANIZED A CLUTTERED SPACE AT HOME OR SCHOOL</p> 	 <p>CHANGED A NEGATIVE THOUGHT TO A POSITIVE ONE</p>	<p>GAVE MY TIME, OLD CLOTHING, OR \$ TO CHARITY</p> 	<p>TRIED A MEDITATION</p> 	<p>TURNED UP THE RADIO AND DANCED WHILE DOING A HOUSEHOLD CHORE.</p> 
 <p>PLANNED &amp; MET UP WITH A FRIEND JUST BECAUSE</p>	<p>HAD A GUILT FREE TREAT (snack, nap, alone time, or a break)</p> 	<p><b>FREE SPACE</b></p> <p><b>WOKE UP</b></p>	<p>FORGAVE MYSELF FOR SOMETHING IN THE PAST</p> 	 <p>CONNECTED WITH SOMEONE I HAVEN'T SEEN IN A WHILE</p>
<p>TRIED A NEW EXERCISE FOR MY BODY AND/OR MIND</p> 	<p>STOPPED A BAD HABIT FOR _____ DAYS</p> 	<p>GOOGLED BELLY BREATHING AND TRIED IT</p> 	<p>FOUND SOMETHING TO DO THAT MADE ME BELLY LAUGH!</p> 	<p>TOOK A _____ HOUR BREAK FROM TECHNOLOGY &amp; SOCIAL MEDIA</p> 
 <p>TOOK A MOMENT TO NOTICE WHAT I CAN SEE, SMELL, TASTE, TOUCH, AND HEAR.</p>	<p>READ/LISTENED TO A SELF-HELP BOOK, BLOG OR PODCAST</p> 	<p>WENT OUTSIDE AND FOUND THREE THINGS I AM THANKFUL FOR IN NATURE.</p> 	<p>WAS EXTRA KIND TO SOMEONE WHO WASN'T NICE TO ME.</p> 	<p>BINGE WATCHED A SERIES OR BINGE READ SOME BOOKS</p> 



WRITE A HAND  
WRITTEN. THANK YOU  
NOTE



MAKE A PLAYLIST  
OF HAPPY SONGS

POST A POSITIVE  
NOTE TO YOURSELF



DANCE DURING  
CHORES



FORGIVE



GO TO THE SPA



GO ON STRIKE



CHANGE  
NEGATIVE THOUGHTS  
TO POSITIVE



MEDITATE



TRY A  
NEW  
HOBBY



ORGANIZE A  
CLUTTERED  
SPACE



LIST 3  
MISTAKES  
AND ONE  
THING YOU  
LEARNED  
FROM EACH



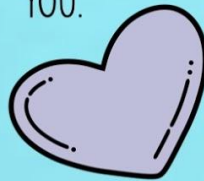
CONNECT  
WITH  
AN OLD  
FRIEND



TAKE  
SOCIAL  
MEDIA  
BREAKS



BE EXTRA KIND TO  
SOMEONE WHO  
WASN'T NICE TO  
YOU.



BELLY LAUGH!



BINGE WATCH A  
SERIES



LISTEN TO A  
SELF-HELP  
PODCAST



PLAY A  
BOARD  
GAME



DRINK  
PLENTY  
OF WATER



TRY BELLY  
BREATHING



# NURTURE SELF



# Grab 'n go Social Emotional Learning Interactive Brochures



**K-2:** <http://bit.ly/2GeEljs>

**3<sup>rd</sup> – 8<sup>th</sup>:** <http://bit.ly/2JyDHPZ>

**high school**

**Storage for your brochures:**  
<https://amzn.to/2FB1xrV>

<https://www.teacherspayteachers.com/Product/Social-Emotional-Learning-Brochures-for-Teens-4913020>



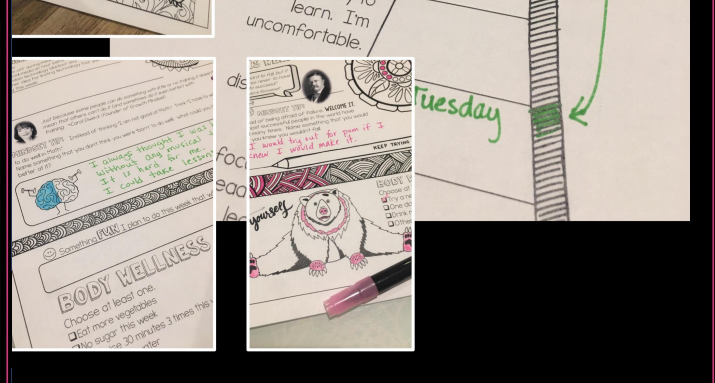
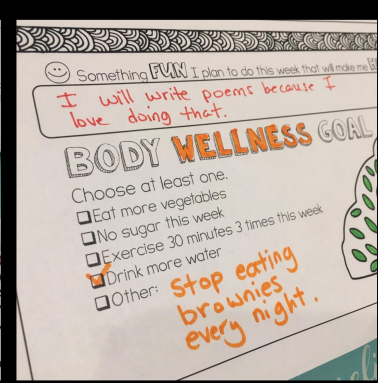
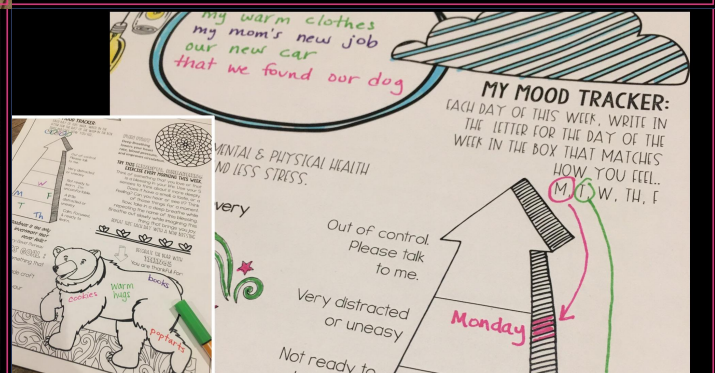
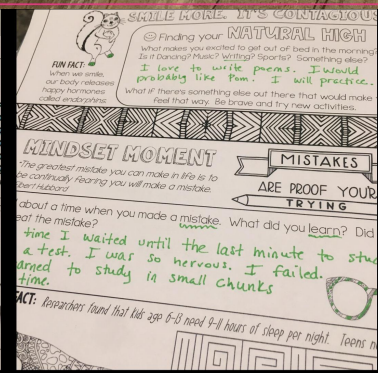
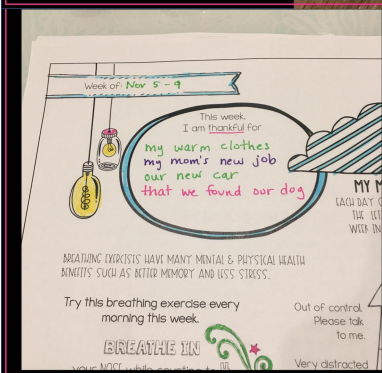
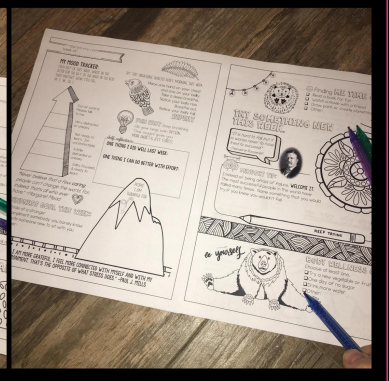
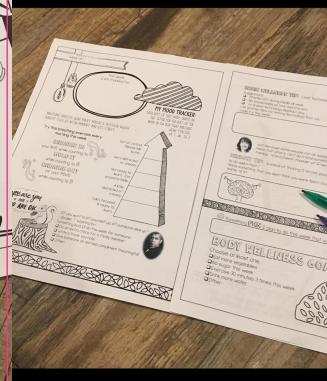
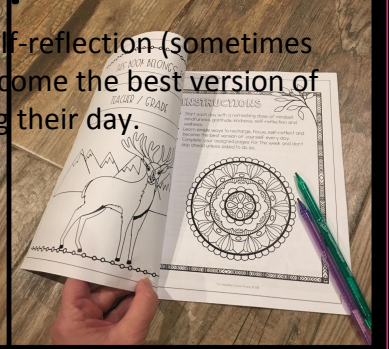
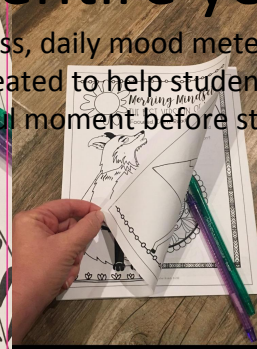
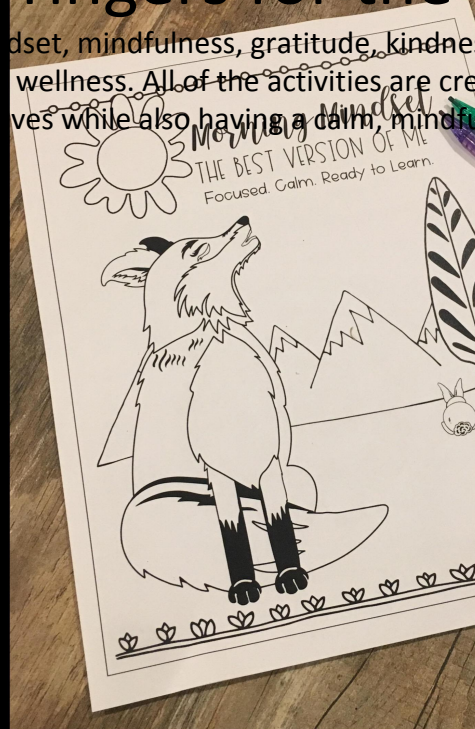
# Create a calm classroom with these daily bell

## ringers for the entire year!

mindset, mindfulness, gratitude, kindness, daily mood meters, self-reflection (sometimes wellness). All of the activities are created to help students become the best version of themselves while also having a calm, mindful moment before starting their day.

### DAILY \*MINDSET \*GRATITUDE \*KINDNESS \*MINDFUL \*WELLNESS WORKBOOK

A Year Full  
of Activities



1<sup>st</sup>-3<sup>rd</sup>: <https://www.teacherspayteachers.com/Product/Growth-Mindset-Journal-with-Mindfulness-and-Gratitude-4388103>

4<sup>th</sup>-8<sup>th</sup> grade: <https://www.teacherspayteachers.com/Product/Mindful-Mindset-Bell-Ringer-Journal-4175506>

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