<table>
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<tbody>
<tr>
<td>Go for a walk and take pictures of the things your child notices and talk about them after.</td>
<td>Practice Belly Breathing</td>
<td>Read Together</td>
<td>Play a game where your child has to take turns or share.</td>
<td>Listen to different kinds of music and talk about how it makes you feel and why.</td>
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<tr>
<td>Family Snack Mix Everyone adds a favorite sweet/salty ingredient</td>
<td>Make a healthy family meal together.</td>
<td>Read Together</td>
<td>Make puppets and play pretend.</td>
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<tr>
<td>Read Together</td>
<td>Decorate paper plates to represent different emotions.</td>
<td>Read Together</td>
<td>Play outside in the fresh air.</td>
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<tr>
<td>Read Together</td>
<td>Create a Calm Down Kit</td>
<td>Decorate paper plates to represent different emotions.</td>
<td>Play freeze dance to support self regulation</td>
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<tr>
<td>Create a Cozy Corner</td>
<td>Model and practice positive self-talk to build self esteem</td>
<td>Do something to make someone smile.</td>
<td>Start a daily family check-in. Everyone shares how they feel at that time.</td>
<td>Make a jar to collect your families acts of kindness. Once full, do something special together.</td>
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<td>Model and practice positive self-talk to build self esteem</td>
<td>Do something to make someone smile.</td>
<td>Create an ‘All About Me’ Poster</td>
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<td>Make a jar to collect your families acts of kindness. Once full, do something special together.</td>
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**SELF-AWARENESS:** Is about recognizing one’s emotions and values as well as one’s strengths and challenges.

**SELF-MANAGEMENT:** Is about managing emotions and behaviors to achieve one’s goals.

**RELATIONSHIP SKILLS:** Is about forming positive relationships, working in teams, and dealing effectively with conflict.

**RESPONSIBLE DECISION-MAKING:** Is about making ethical, constructive choices about personal and social behavior.

**SOCIAL AWARENESS:** Is about showing understanding and empathy for others.

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**QUESTIONS & PROMPTS TO PROMOTE SOCIAL AND EMOTIONAL LEARNING**
- How are you feeling right now?
- Why do you think you feel that way?
- What do you need from me in this moment?
- What makes you feel...
- How do you think ____ feels right now?
- Why do you think they feel that way?
- What do you like/dislike about...?
- Did you notice that...?

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**VIDEOS AVAILABLE TO SUPPORT YOUR BINGO ACTIVITIES**
- Belly Breathe with Elmo
- In My Heart
- The Color Monster
- Grumpy Monkey
- When Sophie Gets Angry
- When I'm Feeling Disappointed
- Listening to My Body
- The Feelings Song