**SEL BINGO**

Social Emotional Learning is (SEL) the process through which children and adults understand and manage emotions.

How to Play:

1. Across the span of a day, try to complete at least one task from each of the categories to score a Bingo!
2. Challenge: Fill in as many squares on your Bingo board as possible!  
   1. Variation: Try to complete one row every day for 4 days straight.
   2. Variation: Try to do as many as possible in one day!
3. Review the meaning of what each SEL category is below come up with your own ways to practice these skills.

**Self-Awareness**:   
The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior.

**Self-Management**:  
The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations - effectively managing stress, controlling impulses, and motivating oneself.

**Social Awareness:**The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.

**Relationship Skills:**The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

**Responsible Decision Making**:  
The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.

**BONUS:**

**Goal Directed Behavior**:  
 Shows initiative of, and persistence in completing tasks of varying difficulty.

**Optimistic Thinking**:  
An attitude of confidence, hopefulness, and positive thinking regarding their life situations in the past, present, and future.

**Personal Responsibility**:  
Shows a tendency to be careful and reliable in one's actions in contributing to group efforts.