

## School Counseling @ Charles Ellis Montessori Academy

### Social Emotional BINGO for Primary & Lower Elementary

See how many activities you can complete. Try at least one activity a day. Color the space when you complete an activity.

B	I	N	G	O
Practice sitting still for 1 minute. What sounds do you hear?	Imagine you can visit anywhere in the world. Where would you go?	Name at least one helper (or career) you have learned about this year	Exercise Time! Dance to your favorite song	List 3 character traits you have learned this year
Name 3 shapes that you see (or saw) today	Describe 2 things you can do to stay healthy	FREE SPACE	Do an activity that involves running or jumping	Write the name of your favorite person and tell why they are your favorite
Read a book with a family member	Draw a picture of a superhero or a character from a book you've read	Name 3 things you are happy or grateful for	Exercise Time! Dance to another song	Name a character trait you feel describes you
Count to the highest number you can and write that number	Describe 3 ways we can stay safe	Name 2 positive things you can do when you are anxious or upset	Say the following words and name the first thing that comes to mind: (ex. Green=grass) Leap= Walk= Hands=	Name 3 characteristics (traits) of a good listener