

Digital Learning School Counseling Activities:

BINGO (for everyone):

If you get 5 in a row, email your counselor and you will receive a small prize when we return to school. In your email, include what five items you got in a row.

Digital Learning Counseling BINGO Activities

B	I	N	G	O
Practice being Responsible: Do a Chore without being asked	Practice Respect: Use good Manners	Focus on your future: Research a career	Practice Self-Care: Read a fun book	Practice Gratitude: Make a list of people you are grateful for
Practice Taking Turns: Play a game with a family member	Practice Empathy: Notice and name how others feel	Practice Cooperation: Build something with a family member	Practice Kindness: Write a kind note and give to someone.	Practice Kindness: Smile at someone
Practice Empathy: Help someone else with a chore	Practice Gratitude: Make a list of things you are grateful for	FREE SPACE	Practice Self Esteem: Make a list of things you like about your self	Focus on your future: Research a college
Practice Taking Turns: Allow someone else to pick the game or TV show	Practice Self Esteem: Make a list of things you are good at	Practice Mindfulness: Do three breathing strategies you know	Practice being Responsible: Clean up after yourself	Practice Mindfulness: Have a snack and notice how it tastes, feels, smells, looks
Practice Self-Control: play thirty minutes or less of video games today	Practice Self-Care: Exercise	Practice Kindness: Give someone a compliment	Practice Mindfulness: Take a mini mental vacation to your favorite spot	Practice Self-Care: Go outside!

Mindful Breathing exercises to do at home (for everyone):

https://docs.google.com/presentation/d/1lkiiI8tugY-XHsr9jvI9iN5DOdTRuG3UCgchClh4_7Y/edit?usp=sharing

Kindergarten/1st grade:

Howard B. Wigglebottom Listens to His Heart

Animated story book, song, yes/no animated lesson

<https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Listens+to+His+Heart>

Clark the Shark

Story book and activity guide for parents (self-control and consideration of others)

<https://www.storylineonline.net/books/clark-the-shark/>

2nd/3rd grade:

Carla's Sandwich

Story book and activity guide (embracing your own creativity and differences)

<https://www.storylineonline.net/books/carlas-sandwich/>

Bullying, BrainPop Jr.

<https://jr.brainpop.com/health/feelings/bullying/>

4th/5th grade:

Conflict Resolution, BrainPop

<https://www.brainpop.com/health/personalhealth/conflictresolution/>

Keep Kindness Going, Ways to Share Kindness

https://uploads-ssl.webflow.com/5cb9ec84600b6ae2b69b88a0/5d408b7e5233c07fcea74_Kindness-Everywhere.pdf