

# Take Care of Yourself

During this time of distance learning, I challenge you to complete the blackout bingo card over the next days. The focus is on YOU! Get your family to join the Bingo Challenge.

Stay safe, stay healthy, and be happy!

## #SELday BINGO

Self-Awareness	Self-Management	Social Awareness	Responsible Decision-Making	Relationship Skills
Name three words your friends would use to describe you.	Go on a mindful nature walk.	Write positive messages on the sidewalk or driveway with chalk to cheer up community members as they walk around town.	Decide on something to do around the house that would help your family during this time. Ideas include setting the table, organizing the workspace, or doing the dishes.	Call a friend to see how they are doing.
List the three subject areas you are the strongest in.	Do something you enjoy! Read a book, draw a picture, listen to music, play an instrument, or journal.	Write a thank you card to a worker in the medical profession to cheer them up.	Eat a healthy meal or snack.	Write a letter to a family member or friend. Getting a surprise letter will help make someone smile!
Write down ten things you are grateful for.	Do a physical activity for 30 minutes. Jump on the trampoline, dribble the basketball, or have a catch with a sibling.	<b>FREE SPACE</b> for being you!	Create a small goal for the day, and then go make it happen!	Get the family together and play a game. Have some fun and share some laughter!
Name three things you are having trouble with or are worried about. Share with an adult.	Create a positive statement for yourself. What do you need to hear today? Repeat it to yourself and write it down.	Check in on elderly neighbors to see if they need anything.	Write down the names of three people you can go to when you need help with something.	Ask three different people what they are grateful for and why.
Name five things you love about yourself.	Use post-its to write positive messages for the family members in your house. Post them in different places to remind everyone they are special!	Post a "Thank You" sign on your door for your mail carrier and/or delivery person.	Get organized. Write out a schedule for your day. Make decisions about what is a priority and what can wait. Be sure to include breaks!	Call or video chat with grandparents and/or older family members to cheer them up.

Click on the board to view larger.