



# 2022 WINTER SEL

# “BINGO” CHALLENGE

Welcome to the **2022 Winter SEL “BINGO” Challenge!** This is a fun way to practice your social and emotional skills this season.

There are many ways to take on the challenge! You can complete activities straight across, diagonally, or do every task for a “blackout.” Complete as many activities as you can, and get help from your teacher or family members as needed.

# WINTER SEL “BINGO” CHALLENGE

<p><b>Set a Goal for Winter Break</b></p> <p>Goals are crucial for achieving things we want.</p> <p>Practice goal-setting by setting a small, achievable goal for yourself that you can complete before or during winter break, like:</p> <ul style="list-style-type: none"> <li>• I will spend at least 15 minutes reading every day.</li> <li>• I will journal every day for at least 10 minutes.</li> </ul> <p>After you choose your goal, create a plan for achieving it. Ask friends or family members to help you stay on task.</p>	<p><b>Explore World Holiday Traditions</b></p> <p>Learning about different winter or holiday traditions can be a great way to build cultural and social awareness.</p> <p>Try one or more of these activities:</p> <ul style="list-style-type: none"> <li>• Read a book about how different cultures celebrate diverse holidays and traditions.</li> <li>• Ask a family friend, a neighbor, or a teacher to share how they celebrate winter holidays, and then write about it.</li> <li>• Check out the short videos on this page: <a href="https://bit.ly/3Sq6BIL">https://bit.ly/3Sq6BIL</a> to learn about six different holidays celebrated around the world.</li> </ul>	<p><b>Growth Mindset Visualization</b></p> <p>Having a growth mindset means you believe people can improve themselves through hard work.</p> <p>For this activity, sit quietly for 5-10 minutes and repeat one or more of the phrases below to yourself or out loud:</p> <ul style="list-style-type: none"> <li>• “I won’t give up, even if the work is difficult.”</li> <li>• “I will learn from my mistakes.”</li> <li>• “I can do anything if I work hard and believe in myself.”</li> <li>• “If it’s too easy, I am not learning.”</li> <li>• “The more I use my brain, the smarter I will get.”</li> <li>• “I will try my best.”</li> </ul>
<p><b>Explore Family Traditions</b></p> <p>Different families have different traditions. Examining your family’s traditions and what they mean can increase self-awareness.</p> <p>Pick a special object, a book, a family photo, or a song that symbolizes how your family celebrates a holiday (this can be a winter holiday or a special holiday or event that your family celebrates during the year). Write about your item and your family’s traditions.</p>	<p><b>Practice Kindness</b></p> <p>Going out of your way to be kind to someone can really brighten their day. It also develops empathy and relationship skills.</p> <p>Practice kindness by doing something nice for a sibling, parent, caregiver, neighbor, or friend. You could:</p> <ul style="list-style-type: none"> <li>• Give them a special compliment.</li> <li>• Write them a nice note or draw them a picture.</li> <li>• Help them complete a chore.</li> </ul>	<p><b>Do Community Service</b></p> <p>Helping the community is a terrific way to develop social awareness and empathy for others.</p> <p>You could:</p> <ul style="list-style-type: none"> <li>• Make a card for folks living in a retirement community.</li> <li>• Bake a treat or make a card for a neighbor.</li> <li>• Pick up trash around a local park.</li> <li>• Donate food or time to a food bank or homeless shelter.</li> </ul> <p><i>*Be safe during community service activities. Always complete these with the help of an adult.</i></p>
<p><b>Do Deep Breathing Exercises</b></p> <p>Deep breathing exercises can help you calm your mind and de-stress.</p> <p>Sit quietly for 10-15 minutes. Focus on your breathing and try to clear your mind. Practice this every day for at least a week (or better yet, make it part of your daily routine).</p>	<p><b>Take a Break From Social Media</b></p> <p>Research shows that spending too much time on social media can increase feelings of stress, anxiety, and depression.</p> <p>Take a social media break during winter break! Start with an hour each day and build up to a full day or more.</p>	<p><b>Seasons Greetings</b></p> <p>Felices Fiestas! This is how you say “Happy Holidays!” in Spanish.</p> <p>Learn how to say season’s greetings in Spanish and 30 other languages (visit this site: <a href="https://bit.ly/3UXan7u">https://bit.ly/3UXan7u</a>) to increase your cultural awareness and spread good tidings to all.</p>