
















# Social Emotional Learning At-Home NTI Day 1 (1/17/24) Bingo Challenge!

**FCES School Counselor: Mrs. Brey Jones**

On this NTI Day, I challenge all FCES students to complete my Social Emotional Learning Bingo card. Let's take care of our minds and bodies while at home on this cold wintry day. To complete the challenge students will need to complete 5 tasks in a row to get a "Bingo". Students can print the bingo card OR simply write down the 5 tasks they complete to turn in to me. All students who "Bingo" will receive a PBIS Pilot Point! (This activity is not a required NTI assignment.)

<p>Write down 10 things that make you happy.</p>	<p>I went outdoors for at least 15 minutes</p> 	<p>I helped a family member with a chore</p> 	<p>I was proactive today without being asked.</p> 	<p>I brushed my teeth today</p> 
<p>I built something today (Legos, etc.)!</p> 	<p>I read a book for 20 minutes by myself or with an adult.</p> 	<p>I brushed my teeth today</p> 	<p>I learned something new today that wasn't school related. Write down what it was.</p>	<p>I completed all of my NTI Day 1 assignments.</p>
<p>When you are watching a TV show or video, name 3 different emotions you see.</p>	<p>I learned how to make something in the kitchen with help from a loved one!</p> 	<p>Free Space</p> 	<p>Teach someone one of our breathing strategies &amp; make them practice with you.</p>	<p>Send Mrs. Brey Jones an email at <a href="mailto:brey.jones@fulton.kyschools.us">brey.jones@fulton.kyschools.us</a> And tell her what emotions you felt about the snow.</p>
<p>I completed all of my NTI Day 1 assignments.</p>	<p>Draw a picture of yourself and write down 10 things that you like about yourself.</p>	<p>I wrote in (or created a picture) in a journal today</p> 	<p>I brushed my teeth today</p> 	<p>I helped a family member with a chore</p> 
<p>I read a book for 20 minutes by myself or with an adult.</p> 	<p>I made my bed today</p> 	<p>Do some exercises to wake your body up – 10 wall push ups, 10 squats, or 10 jumping jacks</p>	<p>I reached out to someone today and made them feel good (phone call, text, email)!</p> 	<p>Think of a problem you have had - what size was it? (small, medium, or big) Write down what could you have done better to handle it?</p>