

A Blog for Busy Teachers

FREE LANGUAGE-BASED TEACHING STRATEGIES

Directions:

All of the activities on the BINGO board are things that you can do to help your physical and emotional self during quarantine. If you complete one of the activities, cross it off and add a picture, note, finished product, or some sort of proof that you completed the activity next to the corresponding number below.

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1. Journalled about the positive parts of your day or week	6. Listened to a positive music playlist while doing something you find relaxing	11. Played a board game with family or a virtual board game with friends	15. Wrote about a time you persevered through something difficult	20. Called a friend or family member you haven't talked to in a while
2. Spent at least 30 minutes outside	7. Reached out to someone you trust to talk openly and honestly about your emotions or feelings	12. Wrote a thank-you note to an essential worker (nurse, doctor, EMT, postal workers, etc.)	16. Planned out something fun you are going to do when quarantine is over	21. Went outside and took pictures or drew sketches of the environment around you
3. Found a motivational quote online and turned it into a poster for your work space, kitchen, or bedroom	8. Did an art project (drawing, painting, sketching, collaging, coloring, etc.)	FREE SPACE	17. "Danced it out" in your bedroom or the kitchen to an favorite song (or many awesome songs)	22. Made your bed 3 days in a row
4. Went for a walk, jog, bike ride, or run	9. Wrote a thank-you note to someone who has helped you in your life	13. Rearranged your bedroom to make it a fresh new space that is comforting to you	18. Watched a comedy show or something else that made you laugh	23. Learned how to cook or bake something new
5. Wrote a poem or lyrics to a song	10. Wrote down things that are stressing you out and then ripped them up and threw them away	14. Made a list of all of the things you are grateful for	19. Completed a mindfulness or meditation activity	24. Did a random act of kindness