ACTIVITY:
Play Emotions BINGO (pages 2–3). When calling out different emotions, prompt children to discuss each emotion. Use this game to open up a conversation about how to handle different emotions at home and at school. The following questions can help facilitate conversation:

“What emotion is that?”

“Can you show me what you look like when you’re feeling (the emotion)?”

“How can you tell if a friend is feeling (the emotion)?”

“Can you remember a time when you were (the emotion)? Why were you (the emotion)?”

For negative emotions, like sad, angry, confused, and others:

“What did you do when you were (the emotion)? What made you feel better?”

“Which spot on the board looks like how you are feeling right now? Why?”

READ ALOUD SUGGESTIONS:
- *The Feelings Book* by Todd Parr
- *The Way I Feel* by Janan Cain
- *The Color Monster* by Anna Llena
- *In My Heart* by Jo Witek

DAILY MINDFUL MINUTE
*One Breath:*
Find a comfortable place and sit peacefully for one minute. Allow for minimal distractions during this one minute. Take this minute to breath in through your nose and out through your mouth and focus on the deep breaths you are taking to clear your mind and relax. Pay attention to the way it feels for the air to fill up your lungs and release.
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**EMOTIONS BINGO**

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Cut and glue each emotion onto the bingo board.

angry

confused

embarrassed

excited

disgusted

grumpy

proud

happy

hurt

scared

curious

shocked

tired

sad

calm

shy
Building social emotional learning and mindfulness is essential for children’s development at all ages. These daily activities allow opportunities for children to build character but also lead to meaningful conversations together at home. Each of the lessons features a daily topic focus that includes an introductory video for the child, an engaging activity, read aloud suggestions and a mindfulness moment for the day.

Meet the Developer

Ashlyn Ellsworth is a creative and energetic 3rd grade teacher from Phoenix, Arizona. Ashlyn has been teaching for 13 years with most of her experience in the primary grades. In addition to teaching full time, Ashlyn is also a designer and teacher author of The Creative Classroom. She enjoys sharing her creative classroom ideas, modeling how to build positive classroom environments and engaging students with classroom management strategies. Ashlyn has developed Mindful Minutes which are social emotional units for the classroom to help build character and mindfulness every day.