

PebbleGo Bingo

PebbleGo

by capstone™

Color in each square as you find the answer and try to get a BINGO!
Can you fill the entire card?

 How long was a Saltasaurus?	Where did Eleanor Roosevelt go to school?	What year did Woodrow Wilson become president?	Any number multiplied by 0 will always equal what?	How do sound waves travel?
The bald eagle is the national symbol of what country?	Name a branch of the U.S. Military.	What do hammerhead sharks eat?	Where do puffer fish live?	How many hours does an armadillo sleep each day?
What are baby frogs called?	What does an X-ray do?	FREE SPACE	When did the Internet start being used?	What year was Martin Luther King Jr. born?
What musical did Lin-Manuel Miranda write?	Where did Katherine Johnson work?	 What is light?	What is an example of a lever?	When did Stegosaurus live?
How do people earn money?	How do you show respect at school?	What do we celebrate on Labor Day?	How many states are there in the U.S.?	How many eyes does a cicada have?



P. E. BINGO

Go for a 1 mile walk	Balance on one foot for 30 seconds, then the other foot	Go for a bike ride. Don't forget to wear your helmet!	50 jumping jacks	Bear crawl across a room, and back
20 frog jumps	30 sit ups	Wall sit for 1 minute	20 push ups	Hop 20 times on one foot, then the other
Stretch by standing with straight legs and try to touch your toes	Dribble a basketball with one hand, then the other, for 1 minute each	Crab walk across a room, and back	20 tricep dips	Dribble a ball, soccer style, 4 laps around your yard
20 squats	High knees, in place, 30 seconds	Plank for 30 seconds	15 burpees	skip forward and backward for 2 minutes
Sit, with legs straight and in front of you, try to touch your toes	Jump rope, in place then traveling, for 1 minute each	Find a bar to practice flexed arm hang and pull ups	Throw a frisbee with a partner	Jog for 5 minutes without stopping

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Triceratops lived during which period?	A megalodon was what kind of animal?	What lizard has tiny toe pads that grab smooth surfaces?	What ecosystem is made up of skeletons of tiny sea creatures?	The sudden movement of plates in Earth's crust causes what?
A hurricane has a circular center called what?	What tool do we use to look at cells?	What plant parts grow down into the ground?	What kind of matter takes the shape of the container that holds it?	What simple machine is an inclined plane wrapped around a post?
Sound is made up of what?	Who discovered that gravity pulls objects toward each other?	FREE SPACE	What are the three primary colors?	What computer hardware holds saved data?
Kevin Durant plays what sport professionally?	At 14 years old, Zendaya acted in what Disney show?	What U.S. president started the Peace Corps?	Congress is part of which U.S. branch of government?	What body system carries blood to the entire body?
What health condition makes a person's blood sugar too high?	What does the needle of a compass always point toward?	What is the name of a doctor that treats animals?	What human organ filters blood for the body?	What kind of exercise strengthens the heart and lungs?



SOCIAL EMOTIONAL LEARNING BINGO CHALLENGE BOARD

SELF-MANAGEMENT	SELF-AWARENESS	SOCIAL AWARENESS	RELATIONSHIP SKILLS	RESPONSIBLE DECISION MAKING
Set up a spot where you can go if you feel upset.	Do a feelings check in with yourself. How do you feel? How do you know?	Learn something about another culture.	Write a letter or make a card for a friend.	Work with your family to create a list of consequences for negative behaviors.
Journal, or talk to a family member about how you're feeling every day for a week.	Make a list of the things you love about yourself. Hang it where you can see it every day.	Notice when someone needs something, then meet their need.	Apologize for a mistake you made.	At the end of the day, talk to a family member about your behavior for the day. What went well. What could you have done better?
Set a goal for the week.	Spend two minutes trying to notice your thoughts.	Help a family member without being asked.	Introduce yourself to someone new.	Go out of your way to make someone else feel good.
<u>Come up</u> with a list of things you can do when you feel upset.	<u>Come up with</u> something you can repeat to yourself that helps you feel good about yourself.	Ask a family member how their day is going. Listen to their response.	Solve a disagreement or argument peacefully.	Do something that you are asked to do.

SOCIAL EMOTIONAL LEARNING BINGO IDEAS

SELF-AWARENESS

- Practice taking time to notice how you are feeling and what you are thinking. Slow down and listen to yourself.
- Self talk is the things that we tell ourselves. It's important that we are telling ourselves positive things, because our own voice is the one we hear most often. Come up with positive things you can tell yourself like, "I can do hard things!" or "I make the world a better place." Remember these things when you are feeling down about yourself.

SELF-MANAGEMENT

- All feelings are okay, it's what we do with them that matters! Thankfully, there are a lot of things we can do to help us feel calm.
- If you feel upset, here are some things to try: take deep breaths, count backward from 10, walk away, talk to an adult, think about things that make you happy, or write about your feelings.

SOCIAL AWARENESS

- Watch a video or read a book about another culture.
- Think about needs that your family members have. This could include chores that need to be done, someone who needs encouragement, or someone who needs help with a task.
- Notice how your friends and family members are feeling. Take their feelings into consideration when you interact with them.

RELATIONSHIP SKILLS

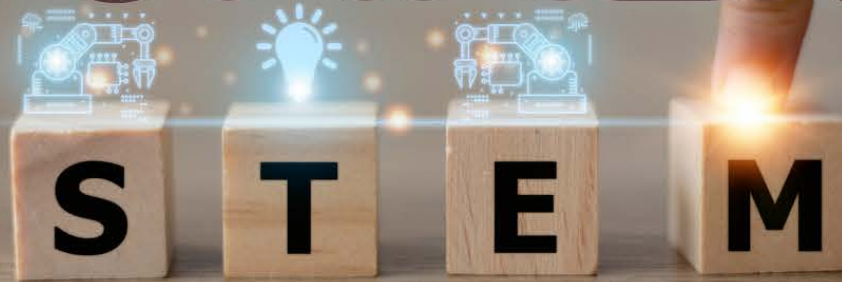
- Think about a friend that you want to encourage. A kind card or small gift can go a long way!
- When you have a disagreement with a friend, there are positive ways to handle it. Try calmly talking about it, making a compromise, sharing. You can also use an I-Statement: "I feel __, when __, I want __."
- Being kind to people you don't know is a great way to make new friends. Try introducing yourself to someone you don't know. Ask questions to learn about him/her and find out what you have in common.

RESPONSIBLE DECISION MAKING

- We are responsible for our actions. Before we make a choice, it is important to think about the effects. How will this choice impact me? How will this choice impact others around me? Take time to think before you make decisions.
- Reflection is a powerful tool. You can reflect by talking to a friend or family member, by journaling, or just by thinking about what you have done. Reflecting gives us the opportunity to celebrate what we have done well and to consider what we can do better next time.



SUMMER



RAINY DAY WEBSITES



Science	Technology	Engineering	Math
Brain Pop and Brain Pop Jr.	Typingclub.com	NASA Kid's Club	Khan Academy
pbs.org/parents/learn-at-home *Hands On	FreeRice.com	scratch.mit.edu	Mathplayground.com
kids.nationalgeographic.com	Code.org	leftbraincraftbrain.com *Hands On	Figure This!
Science Kids *Hands On (Projects)	Stop Motion Studio App	funology.com *Hands On	IXL Math