



FOR IMPACT

First, complete your Resource Bingo Board by March 1st. Then, email us your name and which activities you completed to be entered into a drawing for prizes. (3 in a row = 1 entry and Blackout board = 3 entries)

Email us at selforimpact@gmail.com

Take the <u>CASEL Adult SEL Assessment</u>	Set self-care goals using the <u>Life Balance Wheel</u>	Checkout the podcast <u>Conversations in Social Emotional Learning</u>
Try a Welcoming Ritual and Optimistic Closure using the <u>3 Signature Practices Playbook</u>	Visit www.selforimpact.com and sign up for our monthly newsletter	Read “ <u>Teachers are Anxious and Overwhelmed</u> ” article
Learn more about the <u>Spheres of Control</u>	Share one thing you have learned today with a colleague	Review the CASEL Interactive <u>Wheel</u>