

Happiness BINGO!

Use this card to make a bingo, but remember...it's the journey that counts. You're already a winner!

<p>Switch out your wardrobe. Donate an outfit, thrift a new one, or hold a clothing swap.</p>	<p>Watch a comedy that makes you belly laugh.</p>	<p>Set up a blocklist with the One Deep Breath extension, and complete mindfulness exercises before visiting distracting sites.</p> <p>tinyurl.com/FSS-DeepBreath</p>	<p>Use the “do not disturb” feature on your phone and take a guilt-free nap.</p>	<p>Write two thank-you notes using paper and pen, and then mail them before you forget.</p>
<p>“I wish I had learned this growing up.” Pass on to your students the life lessons you missed as a child.</p>	<p>Stay hydrated! Read these tips – created just for educators – for ideas.</p> <p>tinyurl.com/FSS-Water</p>	<p>Print out the “Self-Care Manifesto” for teachers and tape it to your desk.</p> <p>tinyurl.com/FSS-SelfCare</p>	<p>Cue up a podcast and take a long drive to enjoy it uninterrupted. Head for a faraway destination that promises a scenic view.</p> <p>tinyurl.com/FSS-Happiness</p>	<p>Call an older relative. The sense of connection you’ll both feel when it’s over will be worth your resistance to making an actual phone call.</p>
<p>Your optometrist called and wants you to use the Aleye extension for reminders to take your eyes off the screen and complete restorative exercises.</p> <p>tinyurl.com/FSS-Aleye</p>	<p>Read more. Download these habit trackers to keep on top of it.</p> <p>tinyurl.com/FSS-Download</p>		<p>Start First Chapter Friday in your room to share new books or to start conversations.</p> <p>tinyurl.com/FSS-Friday</p>	<p>Pave your way for professional learning with peers. Try the pineapple chart method.</p> <p>tinyurl.com/FSS-Pineapple</p>
<p>Connect with your community by volunteering. Get some ideas at VolunteerMatch.</p> <p>tinyurl.com/FSS-Volunteer</p>	<p>Get Posture Minder, a Chrome extension that alerts you to sit up or take a movement break. No invasive pop-ups, just a gentle bell.</p> <p>tinyurl.com/FSS-Minder</p>	<p>Open your email and create a new folder called “Happy.” Use it to save emails that make you smile. Reading them will be a great pick-me-up!</p>	<p>Try a new hobby. Author Dan Santat has a whole slew of ideas to try.</p> <p>tinyurl.com/FSS-Santat</p>	<p>Build classroom community with picture book read-alouds. Check out the #ClassroomBookADay webinar.</p> <p>tinyurl.com/FSS-BookADay</p>
<p>Do you speak as kindly to yourself as you would to a friend? Try this exercise. You may be surprised at the difference.</p> <p>tinyurl.com/FSS-Friend</p>	<p>Branch outside of your preferred reading genre and invite your students to do the same. Check out the 20 Book Challenge.</p> <p>tinyurl.com/FSS-Challenge</p>	<p>Work on a new skill. Check out this article on how to speak up skillfully in meetings.</p> <p>tinyurl.com/FSS-SpeakUp</p>	<p>Explore a variety of cultures through books. Check out this list focusing on global celebrations.</p> <p>tinyurl.com/FSS-World</p>	<p>Relax with an audiobook. You’ll find great options on Titlewave®! Grab your free account!</p> <p>tinyurl.com/FSS-Audiobook</p>