connections in mind

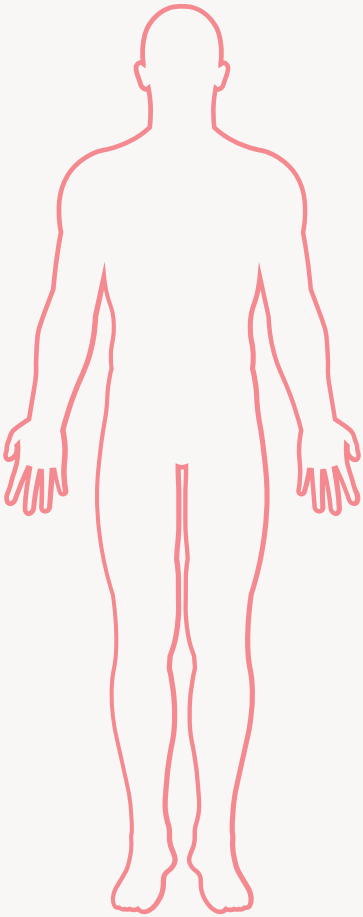
Junior Student EF Bingo

Colour in the body model on the next page where you feel your emotions before completing a row, and do the same for the model on the third page after completing a row.

work on a task with a classmate	keep my desk tidy the whole day	listen quietly and follow instructions for one activity	play a memory game in break time	tell the class what I learned today
do a classroom duty without being asked to	name something I'm grateful for in circle time	set a homework goal to reach after school	plan a group project and decide the steps to finish it	go the whole day without a smart device
name 3 things I like about myself	name one emotion I am feeling		pack my bag myself before school	ask a classmate something about themselves
play a sport at break with a group of classmates	name 3 things I am grateful for today	put my hand up quietly and wait to ask a question in a lesson	draw a picture about something I learned today for my parents	sit at a new desk for the day
put toys and books away at the end of the day	name a subject I want help with and ask my teacher	spend 5 mins thinking of a goal for today	learn a new fact today and tell explain it to a classmate	create a new ending for a story or movie I know

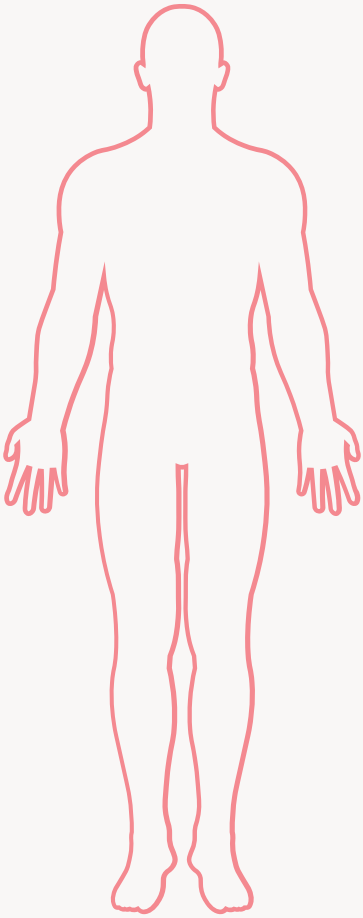
Body Mapping

Mark on the model when you feel your emotions before completing a row. What is the sensation? How often I feel it? Use colours if it helps to visualise the feelings.



Body Mapping

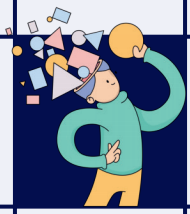
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connections in mind

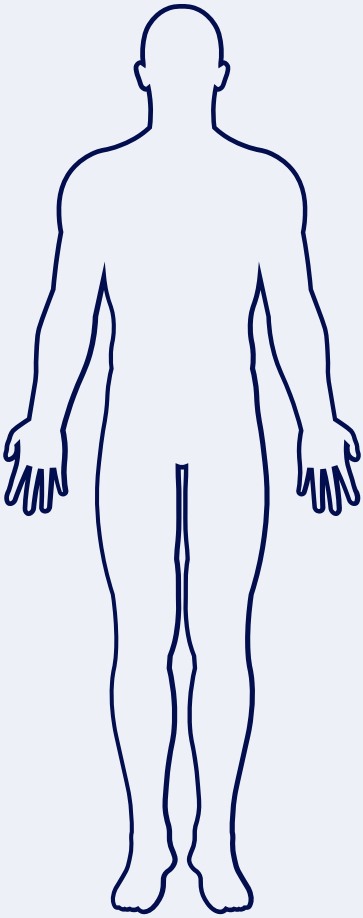
Senior Student EF Bingo

Colour in the body model on the next page where you feel your emotions before completing a row, and do the same for the model on the third page after completing a row.

work on a task with a classmate	keep my desk tidy the whole day	listen quietly and follow instructions for one activity	set a wellness goal for the day like breathing exercises	tell the class something you're proud of at school
set a goal for the week on an assignment	name something 3 things grateful for with a peer	set a homework goal to reach after school	lead a group project and delegate tasks to my peers	go the whole day without social media
name 3 things I like about myself	name one emotion I am feeling		write down a studying timetable for an upcoming test	ask a classmate something about themselves
play a sport at tea with a group of classmates	name 3 things I am grateful for today	put my hand up quietly and wait to ask a question in a lesson	tell my parents what I learned today in one of my classes	sit next to someone new for the day
pack my bag neatly at the end of the day	name a subject I want help with and ask my teacher	spend 5 mins thinking of a goal for today	work with my teacher to discover a new learning style	pack my school lunch/snack for the day

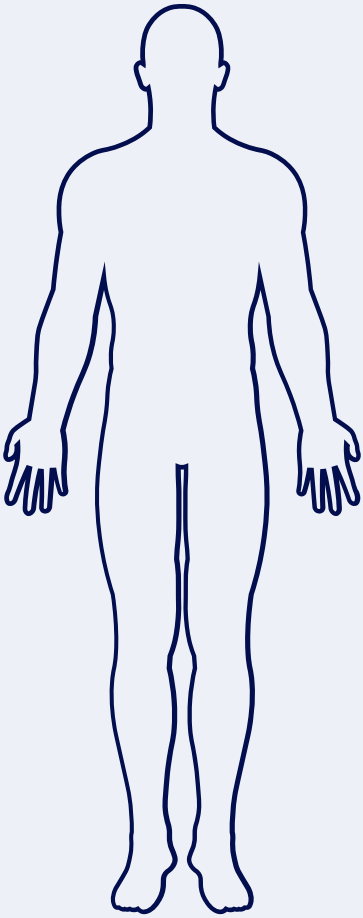
Body Mapping

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Body Mapping

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connections in mind

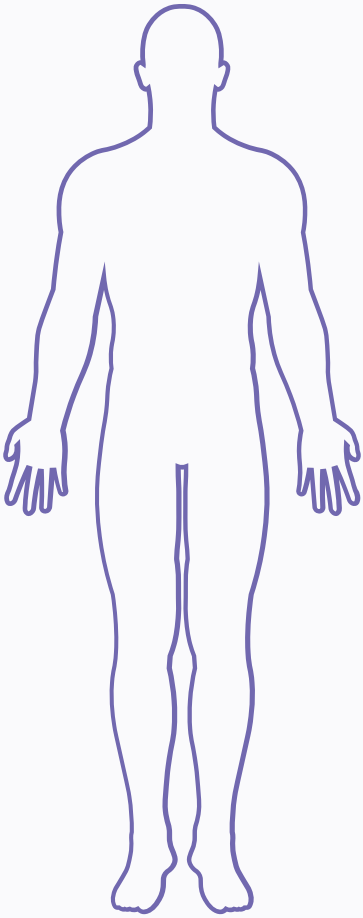
Teacher EF Bingo

Colour in the body model on the next page where you feel your emotions before completing a row, and do the same for the model on the third page after completing a row.

schedule reflection time and stick to it	keep my desk tidy the whole day	set a realistic time limit for grading assignments	set a wellness goal for the day like breathing exercises	organise digital files, folders, and resources
set a goal for the week on an assignment	name something 3 things grateful for with a colleague	try out a new teaching style for one lesson	Reflect on a recent lesson, identifying areas for improvement	go the whole day without social media
name 3 things I like about myself	name three emotions I am feeling		Plan a cross-curricular lesson with a colleague	ask a colleague something about themselves
check in with a colleague during tea break	name 3 things I am grateful for today	teach the class a response inhibition game	set a goal to increase student engagement	try a new communication style with my students
pack a healthy lunch/ snack for myself before work	drink a glass of water every hour of the school day	spend 10 mins planning a goal for today	choose a physical exercise to do after work	seat students at different desks

Body Mapping

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Body Mapping

Mark on the model when you feel your emotions after completing a row. What is the sensation? How often I feel it? Use colours if it helps to visualise the feelings.

