

Connecting BridgeUp Activities to CASEL Core Competencies:

Exercise for October 19, 2017

Activities	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision Making
1) <i>Warm Up-Physical:</i> such as Crazy 8s, Stretching, Pizza Stretches, Breathing, Centering	Self Efficacy	Impulse Control, Self Discipline	Respect for Others	Social Engagement	Analyzing Situations
2) <i>Warm Up- Vocal:</i> such as Tongue Twisters, Zoom Vocals, Wizard of Oz Vocalizations, etc.	Identifying Emotions, Self Efficacy, Self Confidence, Accurate Self Perception, Recognizing Strengths	Impulse Control, Self Discipline, Goal Setting, Self Motivation	Perspective Taking, Respect for Others	Communication, Social Engagement	Analyzing Situations, Evaluating
2) <i>Circle/Focus Games :</i> Zip Zap Zop, Zoom, Any Body Who, Clap Game, etc.	Self Efficacy, Self Confidence, Accurate Self Perception, Recognizing Strengths	Impulse Control, Self Disciplin, Goal Setting, Organizational Skills	Perspective Taking, Respect for Others	Communication, Teamwork, Social Engagement	Analyzing Situations
4) <i>Mingle Games:</i> Quizzle, Digets and Number Grouping, Atoms, Simon Says	Accurate Self Perception, Self Confidence, Self Efficacy	Impulse Control Self Dscipline Self Motivation Goal Setting	Perspective Taking Respect for Others	Communication Relationship Building Teamwork Social Engagement	Identifying Problems Analyzing Situations Solving Problems Evaluating
5) <i>Performer/Audience Games:</i> Build & Break, Beaded Story, Tableau, Smithsonian	Accurate Self Perception, Self Confidence	Impulse Control, Self Discipline	Perspective Taking, Respect for Others	Communication, Social Engagement, Teamwork	Identifying Problems, Analyzing Situations, Solving Problems, Evaluating
6) <i>Actor's Toolbox Tool:</i> Actor's Neutral, Responding to Cues, Blocking, etc.	Accurate Self Perception, Self Confidence, Self Efficacy	Impulse Control, Self Discipline and Motivation, Goal Setting, Organizational Skill, Stress Management	Perspective Taking, Respect for Others	Social Engagement	Analyzing Situations, Evaluating
7) <i>Demonstration of Knowledge Games:</i> Quizzle, Bippity Bippity Bop, Actual Performances, etc.	Accurate Self Perception, Self Confidence, Self Efficacy	Impulse Control, Self Discipline, Self Motivation, Goal Setting	Perspective Taking, Respect for Others	Communication, Teamwork, Social Engagement	Analyzing Situations