

# 3-8 Rising S.T.A.R. Badge BINGO

Write down 1 goal you would like to accomplish this week and how you plan to accomplish it.  Try Your Best	Draw or create a face mask with a message for protection.  Safety First	Write a family member a note of appreciation and describe how they reacted.  Accountable for Your Actions	Say "Thank you" and "Please" before and after each meal throughout the day.  Respect Everyone and Everything	Write about what you did to clean your room.  Safety First
Write about something you asked your teacher for help.  Try Your Best	Name one thing you would like to change about Distance Learning and why?  Respect Everyone and Everything	Describe what you would say to peers about being respectful when making comments online  Respect Everyone & Everything	Complete one of Coach Tony's Exercise Videos and write at least three sentences describing what you liked about it.  Safety First	Name one thing you like about distance learning and why?  Accountable for Your Actions
Organize your work area and upload a picture of the "before" and "after."  Accountable for Your Actions	Prepare yourself and a family member a healthy snack and explain why it was healthy.  Try Your Best	Describe a place at home where you feel safe.  Safety First	Show a parent that you completed an assignment.  Accountable for Your Actions	Participate in a mindfulness activity and write at least 3 sentences about how it made you feel.  Respect Everyone and Everything
Write at least 3 sentences why it is important to wash your hands often.  Safety First	Help a parent or family member with a household chore and describe what you did and how it made you feel.  Accountable for Your Actions	Do 3 random acts of kindness. Write down what you did and describe how it made you feel.  Try your best	Email a teacher thanking them for something specific that you like about them or their class.  Accountable for Your Actions	Watch Coach Tony's Nutrition Video and write down 3 things you learned.  Respect Everyone & Everything
Write 3 things you would text your friend you like about your friendship.  Try Your Best	Explain why it is important to maintain social distance between people other than your family members.  Safety First	Clean your room and either upload a picture or describe the "before" and "after."  Respect Everything and Everyone	Write at least 3 sentences about an example of Safety First at home.  Safety First	Write about your activities with family over the weekend.  Accountable for your actions