

# CARE-O

This card belongs to:

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## BINGO with heart & understanding

The game about pedagogy of care and trauma-informed pedagogy!

### How to Play:

1. Scan the QR code or use the link on this card to visit the Hub website, where you can learn more about each square.
2. Mark off the squares that match your practices. (No need to make a pattern).
3. Head over to the Care-O BINGO Moodle shell (link above) and reflect on five pedagogies using the 24 discussion boards.
4. Receive an extra entry into the contest by reflecting on another participant's reflection (for a total of 3 extra entries!)

C	A	R	E	O
 Start class with a check-in	 Flexible deadlines	 Inclusive language	 Active listening	 Clear expectations
 Content warnings	 Accessible materials	 Encourage self-care	 Incorporate diverse perspectives	 Offer alternatives
 Encourage peer support	 Mindful of triggers	 FREE FREE FREE FREE FREE FREE FREE FREE	 Regular feedback	 Collaborative learning
 Cultural competence	 Promotes well-being resources	 Flexibility in attendance	 Encourage reflection	 Acknowledges individual needs
 Adapt delivery methods	 Promote a growth mindset	 Accessible office hours	 Promotes self-advocacy	 Considers workload