

Emotional Bingo Game



These directions are for playing virtually.

Purpose:

The purpose of the game is to discuss feelings and learn to show empathy when listening to the emotions expressed by others.

Object:

Be the first to fill in a row, in any direction.

How to Play:

- Each player has a paper Bingo card and markers or crayons to mark their card.
- Use one color of marker or crayon for each game.
- The leader pulls one emotion card from the box and reads it aloud.
- All players who find the selected emotion on their game cards should mark it in that box (you might use a check mark, dot, or small X).
- Each player that has that emotion marked on that turn then shares with the group a personal experience involving that emotion if they would like.
- At this point, another player has the opportunity to give an empathetic response to the story. For instance, if the story involves feeling “lonely” (example: “I am really lonely when I get home from school.”), another player may raise his or her hand and say, “It’s hard being by yourself sometimes,” rather than, “I get lonely in the summer time when school is out.”
- The game continues until a player gets Bingo.