

# Feelings Bingo

## Instruction page

### 1 Activity Type

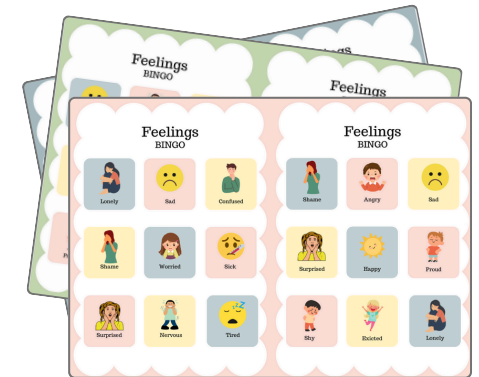
**AGE:** 4-10

**Participation**  
**Style:** Interactive  
group activity

**Theme:**  
Fun  
Engaging  
Interactive

### 2 General Activity Info

Feelings Bingo is a fun and engaging activity designed to help participants explore and understand emotions. Recognising our own feelings and those of others is crucial, especially at a young age. You can use our pre-selected emotions or the blank template to create your own.



### 3 Materials Needed

- Printed bingo cards
- Pen or white board marker pen if you have laminated the resource.

### 4 Step by Step Instructions

1. Print the resources prior to your session
2. Each participant receives a bingo card with different emotions listed in squares;
3. The caller randomly selects an emotion, describes it, or shows a corresponding facial expression, and the the participant mark the matching emotion on their card if they have it
4. The first player to get a line of marked squares (horizontal, vertical, or diagonal) across their card yells "Bingo!" and wins.

**Top Tip:** Laminate the resources to make them reusable. This resource pack also includes blank bingo cards that you can customise and use.

# Feelings BINGO



Shocked



Excited



Proud



Amazed



Tired



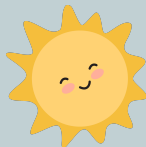
Angry



Embarrassed



Shy



Happy

# Feelings BINGO



Confused



Embarrassed



Tired



shocked



Amazed



Nervous



Lonely



Worried



Sick

# Feelings BINGO



Lonely



Sad



Confused



Shame



Worried



Sick



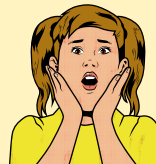
Shame



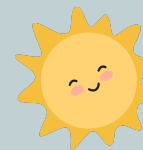
Angry



Sad



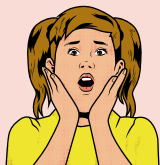
Surprised



Happy



Proud



Surprised



Nervous



Tired



Shy



Exicted



Lonely

# Feelings BINGO



Happy



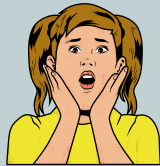
Amazed



Embarrassed



Nervous



Surprised



Shocked



Excited



Angry



Worried

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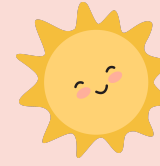


Sad

# Feelings BINGO



Sick



Happy



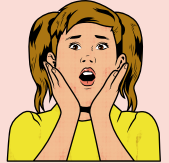
Angry



Lonely



Shame



Surprised



Nervous



Embarraed

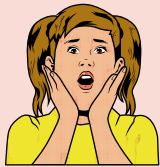


Amazed

# Feelings BINGO



Nervous



Surprised



Amazed



proud



Shocked



Tired



Worried



Shame



Exicted

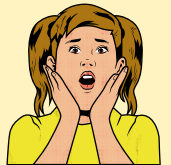
# Feelings BINGO



Worried



Shocked



Surprised



Tired



Embarrassed



Exicted



Sad



Happy



Shy

