

Feelings Bingo

Instruction page

1

Activity Type

AGE: 4-10

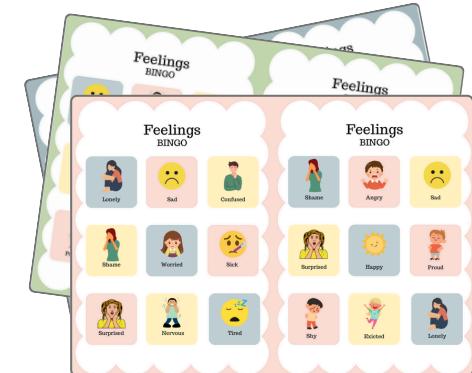
Participation Style: Interactive group activity

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 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



Confused



Tired



Amazed



Tired



Angry



shocked



Amazed



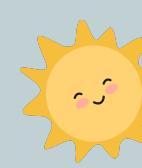
Nervous



Embarrassed



Shy



Happy



Lonely



Worried



Sick

Feelings BINGO



Confused



Embarrassed



Tired



shocked



Amazed



Nervous



Lonely



Worried



Sick

Feelings BINGO



Lonely



Sad



Confused



Shame



Angry



Sad



Shame



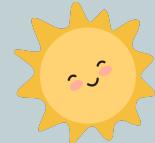
Worried



Sick



Surprised



Happy



Proud



Surprised



Nervous



Tired



Shy



Excited



Lonely

Feelings BINGO



Happy



Amazed



Embarrassed



Excited



Proud



Shame



Nervous



Surprised



Shocked



Happy



Sad



Shy



Excited



Angry



Worried



Confused



Tired



Shocked

Feelings BINGO



Sad



Nervous



Shocked



Embarrassed



Shame



Shy



Worried



Angry



Amazed



Sad



Excited



Lonely



Proud



Surprised



Embarrassed



Angry



Sick



confused

Feelings BINGO



Shy



Sick



Lonely



Proud



Confused



Shame



Tired



Amazed



Sad



Sick



Happy



Angry



Lonely



Shame



Surprised



Nervous



Embarrassed



Amazed

Feelings BINGO



Nervous



Surprised



Amazed



Worried



Shocked



Surprised



proud



Shocked



Tired



Tired



Embarrassed



Excited



Worried



Shame



Excited



Sad



Happy



Shy

Feelings BINGO

