

Emotions Bingo - Drama



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WHAT MAKES IT MEANINGFUL

Emotions Bingo is a fun game that helps you learn about different feelings and talk about emotions in a safe and playful way. It helps build emotional awareness and social skills.



Emotions Bingo

TIME

20–30 minutes

MATERIALS

- Group of players
- Printable Bingo cards with emotions (happy, sad, silly, angry, etc.) or hand-drawn bingo cards
- Chips or tokens to mark spaces
- Emotion cards or pictures (can include emojis or faces)
- Optional: small prize for winner

INSTRUCTIONS

1. Gather your materials and your group of players in a comfortable space.
2. Either print off emotions bingo sheets or hand draw your own bingo emotions on pieces of paper.
3. Give each player a Bingo card with different feelings shown (pictures or words).
4. Pick a card or describe an emotion.
Example: “This person got a big hug. How might they feel?”
5. Players find the emotion that matches and place a token on that space.

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6. Keep going until someone has a full row or column and calls out “Bingo!”
7. Finally, feel free to have a group discussion about the emotions:
 - “Have you ever felt this way?”
 - “What helps you when you feel that way?”

SUPPORTS NEEDED

Support may vary depending on the individual’s needs.