

caring hearts

Ages 3 and up



Feelings bingo - visualise emotions

Identify and understand different emotions through this simple and fun game of bingo.

Learning benefit/skill development

- **Language skills:** through playing, children identify and name emotions
- **Emotional & social:** children identify emotions, how they are displayed and when they may be experienced.
- **Cognitive skills:** children's cognitive skills are enhanced as they participate in group games; following rules, taking turns and (potentially) strategising.

What you'll need

- Paper
- Pens/texters/crayons
- Scissors
- 20 x something you can use as tokens (5 and 10c coins work well)

Instructions

- Draw a grid on your page, dividing the page into 9 equal sized squares. Draw a face in each square which represents a different emotion – you can leave the one in the middle blank if you choose to

(as in the photo) and it becomes a wildcard which you can cover with a token at the beginning of each round. While making the bingo cards talk to your child about what emotions may be used in the game; what different emotions/feelings do they know of? What does a person's face look like when they feel that way?

- On the second sheet of paper do the same as above but make sure the different emotions are in different squares (so the game cards aren't the same).
- Cut the third piece of paper into 9 equal squares and draw on each square a different emotion face (matching the ones you have drawn on the game card) and place those in a pile face down.
- To play, each player has a game card. One of the players, or a third player, takes the top emotions card from the face down pile and turns it over. If players have the same emotion shown on the card on their own game card then they place a token on that face on their card. This process is repeated until one player has a line (horizontal, vertical or diagonal) of tokens. When this occurs that player says "bingo!" and has won the round.