

Feelings Bingo (Gr. K - 4)

Summary

Children are given the opportunity to have fun with a sometimes delicate topic: feelings. Through the bingo game and subsequent discussion(s), they learn that we all have the same feelings, that these feelings are okay and that we should be aware of what we do with these feelings because we are responsible for our actions.

Time Frame

1 class periods of 30 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning, Communication

Materials

Bingo card for each child (five different cards are included that may be copied onto cardstock and laminated if desired): tokens, beans, chips or other items suitable for placing on bingo cards; scenarios to read to the children where they identify the feeling involved (a list of example scenarios are included).

Extensions

Students are invited to share when they have felt certain feelings (happy, sad, surprised, mad.)

Authors

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