



RESILIENCE BINGO



Introducing "Resilience Bingo" – a captivating game that combines the excitement of bingo with the power of learning about resiliency. Get ready to engage, share, and explore as you mark your way to becoming a resilience champion. Here's how it works:

1. **Bingo Card:** Each player receives a "Resilience Bingo" card filled with resiliency-related terms and questions.
2. **Answer and Mark:** Listen closely as the game leader reads out resiliency questions. Mark the box once you've given your answer.
3. **Connect and Share:** As you answer questions, share personal stories, ideas, or strategies related to resiliency. Connect with others through shared experiences and insights.
4. **Strive for Bingo:** Aim to complete a column, or fill your card by answering questions and marking boxes. Be the first to shout "Resilience Bingo!" to win a round.
5. **Reflect and Discuss:** After each round, take a moment to reflect on the answers shared and discuss different ways to approach challenges with resilience.

"Resilience Bingo" is more than just a game – it's a collaborative journey toward mastering the art of resilience. Play with friends, family, or classmates and discover new perspectives, strategies, and stories that inspire you to bounce back stronger than ever. Get ready to shout "Resilience Bingo!" and embark on a thrilling adventure of growth and connection!



BINGO



What are some things that make you feel happy?

When have you felt angry? How did you deal with those emotions?

How do you bounce back from a difficult situation?

What helps you stay positive when things don't go as planned?

Free Choice!!

What do you do when you feel sad?

Have you ever had to try and try again to achieve something? How did that make you feel?

When did you feel really excited? What were you looking forward to?

Can you think of a time when you felt proud of someone else's accomplishments?

How do you support your others when they are feeling down?

How do you feel when you help someone else?

How does expressing your emotions help build relationships with others?



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