

What's Bothering You Bingo

Eyes down, to open up

How to Prepare

Grab some felt tip pens and download and print the PDFs *Bingo Players Cards* and *Bingo Caller's Master Card* (you can choose between a Young People's and an Adult's set).

Cut the *Caller's Card* included in the *Players Card* PDF up into squares, fold them in half, and put them into a hat, bowl, or tin. Keep the other PDF whole so you can keep track of the phrases that have been called and check whether a player has a winning card.

How to Play

Like any bingo game, each person is given a bingo card and felt tip pen. You say that you are playing for a horizontal or vertical line.

As the facilitator, you pick phrases out of a hat. If people match the phrase on their bingo card, they cross it out.

The way 'What's Bothering You Bingo' differs from number bingo is that, as you pull a phrase out of the hat, you ask if anyone has experience of the issue. The aim of this game is to stimulate conversations about mental health and emotional wellbeing. The bingo is just a vehicle in which to do this.

The game stops when someone shouts "*line!*"

Top Tips

If you laminate the bingo cards and play with felt tip pens, then you can wipe them down to use again and again.

A small prize for the winners (i.e. a fidget toy, a bar of chocolate, or a rosette) guarantees more engagement.

What's bothering you?



Mental Health
Research for
Innovation
Centre

Netherton Park
Neighbourhood Centre

