

*Emotional Literacy is essential for elementary children to learn about. Understanding your own emotions leads to your better understanding of the emotions of others. Once you are able to understand what you & others are feeling, you will be better able to think through possible strategies to help manage the feelings, to seek help from others, or to reflect on your/their actions with a greater understanding and empathy.*

## Emotions Bingo (Primary)

In this lesson, you will identify how someone looks when they feel different common emotions. You will also reflect on situations when you felt those emotions.

### Materials:

Emotions Bingo Calling Cards (1 set, cut out)

Emotions Bingo Boards 1–3 (one different board for each player)

Small objects for covering Bingo squares (ex: coins)

Prizes (optional)

Mirror (optional)

### Directions:

Review the names of the emotions in the Bingo Calling Cards. Practice showing the same emotion (try making faces in a mirror) as on the card or brainstorm a situation when you or someone else might feel that way (ex: Angry. I feel angry when my brother takes my Legos.).

To play the game: Cut out the Bingo Calling Cards. Lay them face down. Each player gets 1 Bingo Board. Take turns drawing one of the Bingo Calling Cards. Read the emotion on the card. All players then cover, with a small object (ex: a coin), the space on their board that has that emotion. The first player to fill an entire row horizontally, vertically, or diagonally is the first winner. Prizes are optional. Empty your boards and play again!

# Emotions Bingo Calling Cards

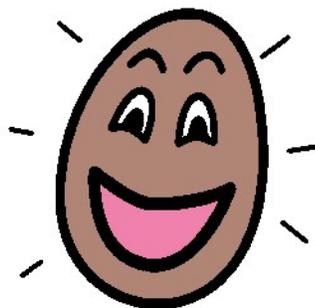
surprised



proud



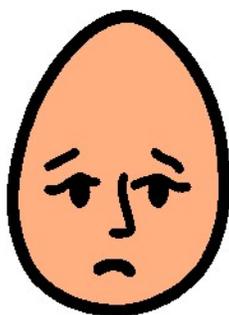
excited



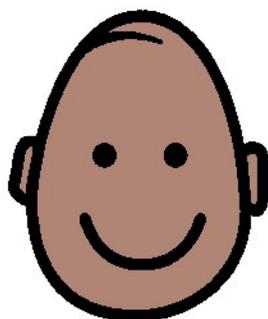
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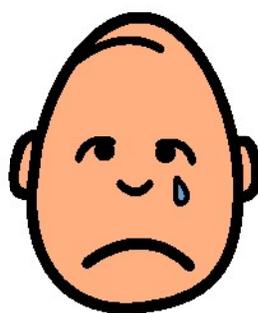
hurt



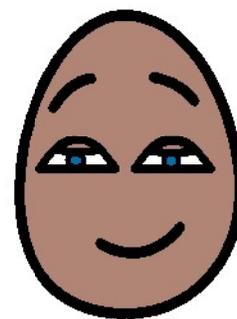
happy



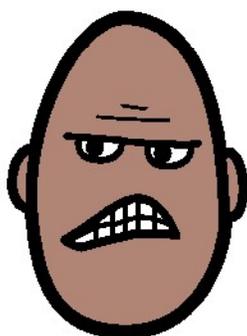
sad



loved



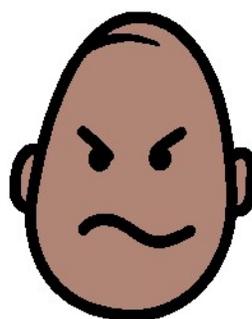
jealous



sick



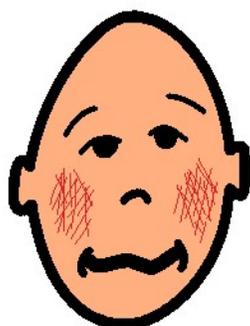
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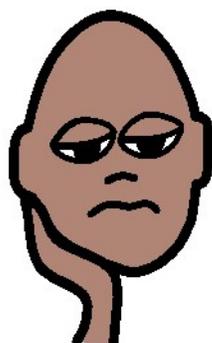
sleepy



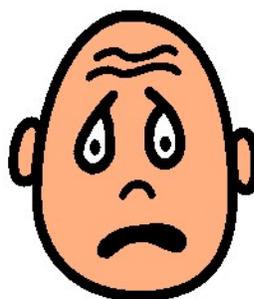
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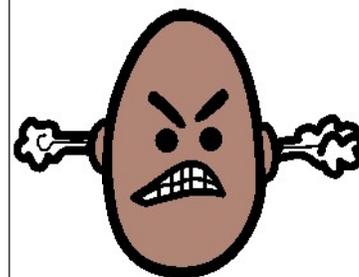
bored



scared



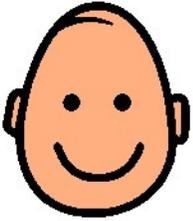
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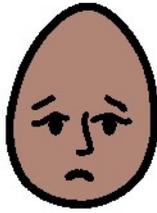
# Emotions

# BINGO

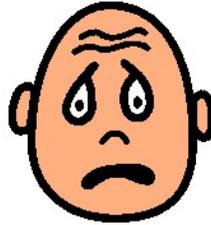
happy



hurt



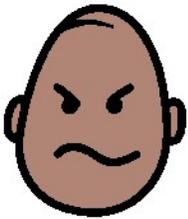
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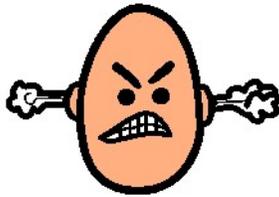
sleepy



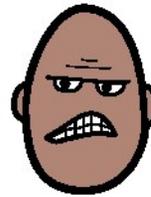
mad



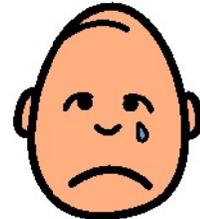
angry



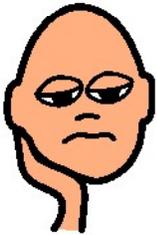
jealous



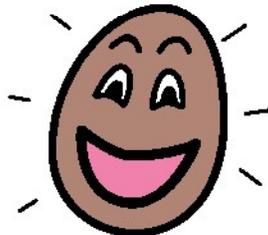
sad



bored



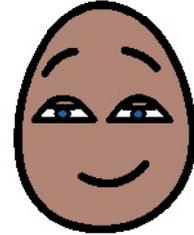
excited



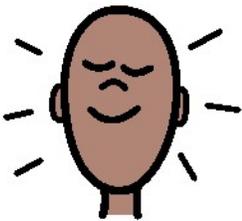
surprised



loved



proud



frustrated



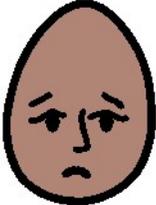
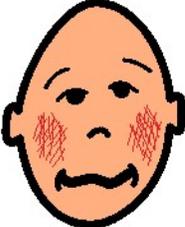
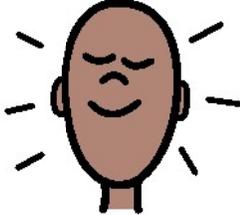
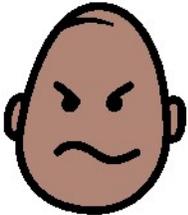
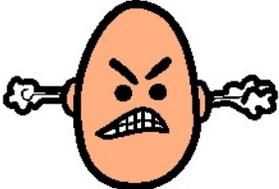
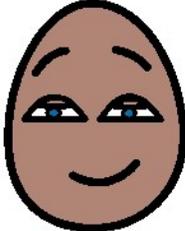
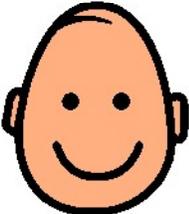
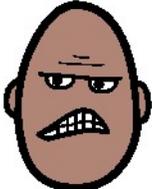
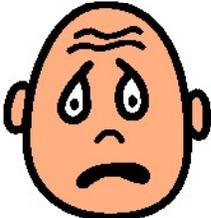
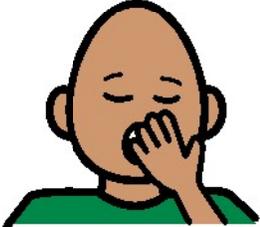
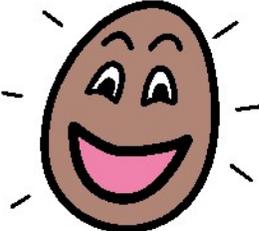
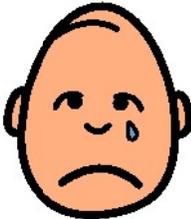
sick



embarrassed



# Emotions BINGO

surprised 	hurt 	embarrassed 	proud 
mad 	angry 	loved 	bored 
happy 	jealous 	scared 	sleepy 
sick 	frustrated 	excited 	sad 

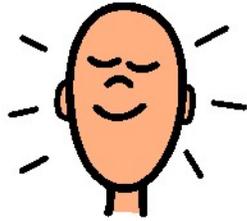
# Emotions

# BINGO

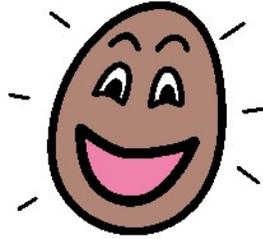
surprised



proud



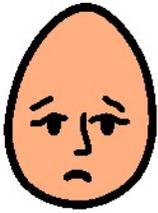
excited



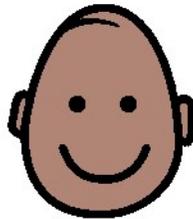
frustrated



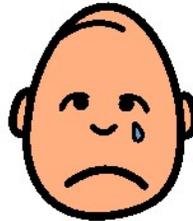
hurt



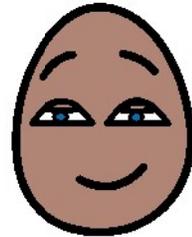
happy



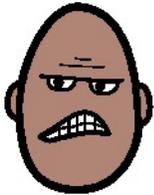
sad



loved



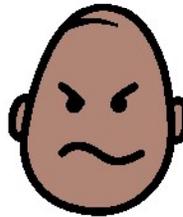
jealous



sick



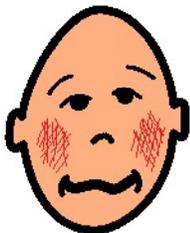
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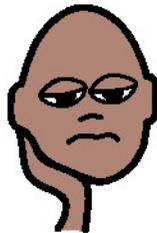
sleepy



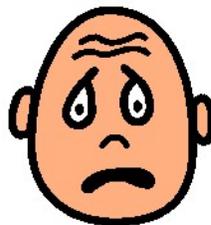
embarrassed



bored



scared



angry

