

ROLL EMOJI REFLECTION

Bingo



6						
5						
4						
3						
2						
1						

Roll Emoji Reflection Bingo

Instructions

Objective:

A pair activity designed for self-reflection and sharing, using emojis as prompts for discussing past experiences and emotions. The goal is to create a line of five marked squares in a row on the bingo grid by rolling dice and sharing reflections.

Players:

Played in pairs, making it ideal for a range of group sizes by having multiple pairs play simultaneously.

Materials:



- A printed PDF sheet with an emoji bingo grid for each pair.
- Two six-sided dice per pair.
- A writing instrument for marking the grid.

Setup:

Each team receives an emoji reflection bingo sheet, two dice, and a pen or marker.

Gameplay:


- Rolling Dice: Players take turns rolling both dice. The number on the first die corresponds to the vertical side of the grid, and the second die to the horizontal side.

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- **Emoji Reflection:** The intersection of the numbers rolled reveals an emoji. The player reflects on a time in the past six months when they felt an emotion represented by this emoji and shares the experience with their partner.
 - **Marking the Grid:** After sharing, the player marks the grid square with their initials.
 - **Game Continuation:** The game passes to the next player. The player loses their turn if a roll leads to an already marked square.
 - **Objective:** The first player to create a line of five marked squares (horizontally, vertically, or diagonally) wins.

Winning the Game:

The first player to form a line of five initials in a row on the bingo grid wins.

Variations for Different Settings:

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- **Educational Edition:** Use this game to encourage emotional intelligence and empathy among students.
 - **Corporate Edition:** Tailor the game to focus on professional experiences and team dynamics.
 - **Therapeutic Edition:** Utilise the game in a therapeutic setting to facilitate discussions about feelings and experiences.



Additional Notes:

- Roll Emoji Reflection Bingo encourages open conversation and emotional exploration in a non-threatening way.
- It's a unique activity that allows participants to interpret emojis based on personal experiences, promoting understanding and empathy.
- The game is suitable for participants of all ages, offering a meaningful yet enjoyable way to engage in emotional reflection.