

Dice Bingo Positive Reflection

Grade Three & Four



Dice Bingo Positive Reflection is a thoughtful and engaging partner activity designed to encourage reflection on personal experiences, memories, and achievements. Players will roll dice and answer reflective questions, working to complete a row on the bingo grid. This game promotes self-reflection, conversation, and positive sharing.



Learning Intentions

I can reflect on positive experiences and memories:

This helps students think about their successes, good moments, and growth in the past, encouraging a positive mindset.

I can engage in meaningful conversation with a partner:

Students will practice their communication and active listening skills while sharing personal reflections with peers.

I can identify and celebrate the positive aspects of my life:

Through self-reflection, students will recognise their strengths and build self-awareness and self-esteem.



Success Criteria

I can answer reflective questions thoughtfully and share them with my partner:

Students will engage in self-reflection and communicate their thoughts clearly and respectfully with their partner.

I can actively listen and respond to my partner's reflections:

Students will demonstrate empathy and positive engagement by listening to their partner's reflections and responding appropriately.

I can work collaboratively with my partner to complete a bingo row:

Students will play the game cooperatively, rolling the dice and engaging in the activity with a sense of teamwork and friendly competition.



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Objective:

Dice Bingo Positive Reflection is a thoughtful and engaging partner activity designed to encourage reflection on personal experiences, memories, and achievements. Players will roll dice and answer reflective questions, working to complete a row on the bingo grid. This game promotes self-reflection, conversation, and positive sharing.

Players:

- Two players (played in pairs).

Materials:

- A printed Bingo grid (provided in the attached PDF).
- Two six-sided dice.
- A pen for marking the grid.

Setup:

1. Distribute the Bingo grid to each player.
2. Provide each player with a pen to mark their grid.
3. Ensure both players have access to two six-sided dice.
4. The players will take turns rolling the dice.

Gameplay:

1. Roll the Dice:

On their turn, the first player rolls both dice. The number on the first die corresponds to a row (horizontal) on the grid, and the number on the second die corresponds to a column (vertical). The intersection of the row and column reveals a question.

2. Answer the Question:

After rolling, the player reads the reflective question at the intersection of the row and column. They answer the question thoughtfully and share it with their partner.

Example:

- First die roll = 3 (row 3).
- Second die roll = 5 (column 5).
- The player must answer the question found at the intersection of row 3 and column 5.

Example questions:

- **What is something you did recently that made you proud?**
- **Describe a time when you helped a friend.**
- **What's a fun memory from this week?**
- **What new thing have you learned recently?**

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3. Mark the Spot:

After sharing their reflection, the player marks the spot on the grid with their initial. The next player takes their turn by rolling the dice and answering a different question.

4. Winning the Game:

The goal is to get five squares in a row (horizontally, vertically, or diagonally). The first player to do so yells "BINGO!" and wins the round.

5. Turn-Specific Rules:

- If a player's roll lands on a square that has already been marked by their partner that's ok, share their response and players can 'share' a square.
- Players continue taking turns, engaging in positive conversations, and working towards their Bingo.

6. Reflection and Closing:

Once a player wins or the game concludes, spend a few moments reflecting on the answers shared during the game. This can serve as a closing activity or a way to share what was learned during the session.

Variations for Different Settings:

1. Educational Edition:

Adapt the questions to focus on academic achievements or challenges students have overcome in their studies.

2. Family Edition:

Modify the questions to reflect family-related experiences, such as fun family trips, celebrations, or acts of kindness within the family.

3. Team Building Edition:

In a group or team setting, players can be grouped into pairs or teams, and the game can be used to enhance team bonding and communication.

Additional Notes:

- Dice Bingo Positive Reflection is a great activity for promoting self-awareness, emotional growth, and positive reinforcement.
- It helps participants feel comfortable sharing their thoughts in a non-judgmental, relaxed environment.
- This game is flexible and can be adapted for various age groups, settings, and goals (e.g., academic, personal development, emotional well-being). It's a fun way to build connections, improve communication, and reflect on the positive things in life.