



# Communication Skills Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Attempt a compromise	No Degrading Language	Aggressive Communication	No Yelling	Direct Communication
Speak clearly	Use healthy coping skills	Express feelings with words	Express yourself honestly and kindly	Non Assertive Communication
I statements	Sensitive to self and others	Assertive Communication	Eye Contact	Respectful to others
Wise calm collected	Observant more than reactive	Be patient with yourself	Reflecting	No stonewalling
Discuss one issue at a time	Be aware of non-verbal ques	Take a time out if needed	You statements	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Discuss one issue at a time	No Degrading Language	Be patient with yourself	Wise calm collected	Sensitive to self and others
You statements	Take a time out if needed	Respectful to others	I statements	Attempt a compromise
Observant more than reactive	Express feelings with words	FREE	No stonewalling	Assertive Communication
Direct Communication	Eye Contact	Speak clearly	No Yelling	Aggressive Communication
Express yourself honestly and kindly	Reflecting	Be aware of non-verbal cues	Use healthy coping skills	Non Assertive Communication

This bingo card was created randomly from a total of 24 events.

Aggressive Communication, Assertive Communication, Attempt a compromise, Be aware of non-verbal cues, Be patient with yourself, Direct Communication, Discuss one issue at a time, Express feelings with words, Express yourself honestly and kindly, Eye Contact, I statements, No Degrading Language, No Yelling, No stonewalling, Non Assertive Communication, Observant more than reactive, Reflecting, Respectful to others, Sensitive to self and others, Speak clearly, Take a time out if needed, Use healthy coping skills, Wise calm collected, You statements.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
No Degrading Language	Discuss one issue at a time	Speak clearly	Take a time out if needed	Observant more than reactive
Wise calm collected	Attempt a compromise	No stonewalling	Aggressive Communication	Assertive Communication
Express feelings with words	Eye Contact	FREE	Use healthy coping skills	Direct Communication
Non Assertive Communication	Express yourself honestly and kindly	No Yelling	You statements	Be patient with yourself
Respectful to others	Be aware of non-verbal cues	Reflecting	I statements	Sensitive to self and others

This bingo card was created randomly from a total of 24 events.

Aggressive Communication, Assertive Communication, Attempt a compromise, Be aware of non-verbal cues, Be patient with yourself, Direct Communication, Discuss one issue at a time, Express feelings with words, Express yourself honestly and kindly, Eye Contact, I statements, No Degrading Language, No Yelling, No stonewalling, Non Assertive Communication, Observant more than reactive, Reflecting, Respectful to others, Sensitive to self and others, Speak clearly, Take a time out if needed, Use healthy coping skills, Wise calm collected, You statements.