



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:



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