



# Self esteem Bingo Instructions

## Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

## Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

## Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

## This is an alphabetical list of all 38 events:

Compliment the person to your right, Describe something positive you learned about yourself recently, Describe something someone could do to make you happy, Describe your greatest strength, Describe your perfect vacation, Give a compliment to somebody in the group, Give a compliment to the person 2nd to your right, Give a compliment to the person across from you, Give a compliment to the person on your left, Give someone in the group a hi5, I am good at \_\_\_\_, I am happiest when I..., I feel best when people..., I feel good about myself when..., If you could be friends with any famous person in history who would it be and why?, Mimic an activity you are good at, My favorite part of the day is \_\_\_\_, Name a goal that you wish to accomplish, Name a personal accomplishment that made you proud, Name a positive change you want to make in the near future, Name an activity that cheers you up or calms you down, Name something important to you, Name something you are great at, Name something you would like to be better at, Say something positive about yourself, Share a characteristic you admire in others, Share a characteristic you admire in yourself, Share a happy event in your life, Share something you would like to do and haven't yet, Share

the greatest compliment you have ever received, Stand up and let everyone give you a round of applause, Stand up and say: "I am \_\_\_\_ and I can do anything I set my mind to.", Talk about 2 things you are grateful for, Talk about someone you admire, What do I like about who I am?, What do others say they like about me?, What qualities do you admire about the person beside you, Who is someone I admire?.



# Self esteem Bingo Call Sheet

This is a randomized list of all 38 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Describe something someone could do to make you happy	I am happiest when I...	Give a compliment to the person across from you	Talk about 2 things you are grateful for	Name something you are great at
Describe your greatest strength	Mimic an activity you are good at	Say something positive about yourself	Name a positive change you want to make in the near future	If you could be friends with any famous person in history who would it be and why?
Give a compliment to the person on your left	Share a characteristic you admire in yourself	Share the greatest compliment you have ever received	Share something you would like to do and haven't yet	Give a compliment to the person 2nd to your right
Give a compliment to somebody in the group	Share a characteristic you admire in others	Name something important to you	Name something you would like to be better at	What do I like about who I am?
What do others say they like about me?	What qualities do you admire about the person beside you	Stand up and say: "I am ___ and I can do anything I set my mind to."	Name a personal accomplishment that made you proud	I am good at ___
Talk about someone you admire	I feel best when people...	Stand up and let everyone give you a round of applause	Who is someone I admire?	My favorite part of the day is ___



# Self esteem Bingo Call Sheet

This continues the randomized list of all 38 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Name a goal that you wish to accomplish	Compliment the person to your right	Give someone in the group a hi5	Describe something positive you learned about yourself recently	I feel good about myself when...
Name an activity that cheers you up or calms you down	Share a happy event in your life	Describe your perfect vacation		

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
What do I like about who I am?	I feel good about myself when...	Stand up and let everyone give you a round of applause	If you could be friends with any famous person in history who would it be and why?	Describe something someone could do to make you happy
Talk about someone you admire	Give a compliment to the person 2nd to your right	Say something positive about yourself	Name something you are great at	Name a goal that you wish to accomplish
Share a characteristic you admire in yourself	Share the greatest compliment you have ever received	<b>FREE</b>	Share a happy event in your life	What qualities do you admire about the person beside you
Describe your perfect vacation	What do others say they like about me?	Give someone in the group a hi5	Share a characteristic you admire in others	Give a compliment to the person on your left
My favorite part of the day is ____	Describe your greatest strength	Share something you would like to do and haven't yet	Name something you would like to be better at	Name a personal accomplishment that made you proud

This bingo card was created randomly from a total of 38 events.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Describe your perfect vacation	Compliment the person to your right	I am good at —	I am happiest when I...	Mimic an activity you are good at
Share the greatest compliment you have ever received	Give a compliment to somebody in the group	Share a characteristic you admire in yourself	Give someone in the group a hi5	Name something you would like to be better at
Name a positive change you want to make in the near future	Give a compliment to the person on your left	<b>FREE</b>	Share a happy event in your life	Describe something someone could do to make you happy
If you could be friends with any famous person in history who would it be and why?	Name a personal accomplishment that made you proud	I feel best when people...	Talk about 2 things you are grateful for	Give a compliment to the person 2nd to your right
What do others say they like about me?	Describe something positive you learned about yourself recently	Talk about someone you admire	I feel good about myself when...	Give a compliment to the person across from you

This bingo card was created randomly from a total of 38 events.