

## Zones For Our Feelings Bingo Game

### You will need:

- Two players
- Two bingo boards
- Counters

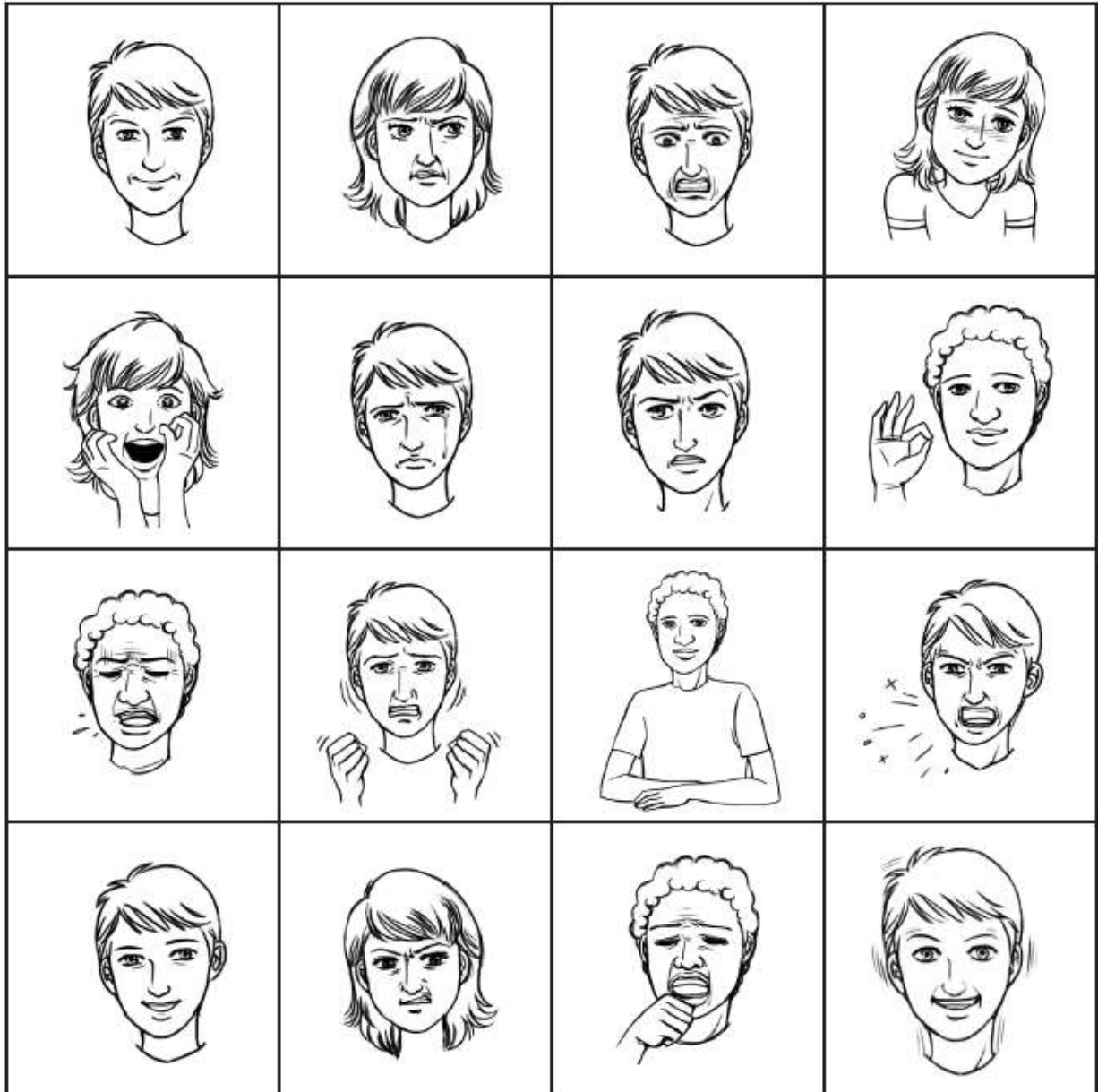
### Instructions:

1. Explain to your child that you are going to play Zones Bingo to practise recognising feelings by looking at facial expressions.
2. Call out the names of emotions and allow your child time to find the picture that matches that emotion.
3. Your child can put a counter on the emotion when they find it.
4. If you have red, yellow, blue and green counters you can ask your child which zone that emotion is in and encourage them to use the appropriately coloured counter.
5. Continue to call out emotions until either you or your child has filled up their board with counters and called 'Bingo!'.

### How Can I Help My Child?

- Recognising and understanding facial expressions can be tricky for lots of children.
- You can help them to understand the facial expression or emotion they are looking for by demonstrating the facial expression yourself
- Use simple emotions words first, e.g. happy, sad, angry, before moving on to more complex emotions words e.g. 'confused', 'anxious'.
- Make your own bingo boards by;
  - cutting out pictures from a magazine
  - finding emotions pictures on the internet.
  - Taking photos of your own families emotions facial expressions

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