

# GRATITUDE

# Bingo



JUGAR | LIFE

# GRATITUDE BINGO

## INSTRUCTIONS

The goal of the game is to complete a line of five squares in any direction (horizontal, vertical, or diagonal) on a Bingo card while incorporating gratitude and reflection.

### Materials Needed:

- Bingo cards with a 5x5 grid
- A six-sided dice
- Bingo markers (chips, coins, or markers)
- Pen and paper to keep score

### Setup:

1. Each player gets a Bingo card with a 5x5 grid. Fill the grid with numbers from 1 to 25 randomly.
2. Have the six-sided dice ready.

### How to Play:

3. Players take turns rolling the six-sided dice.
4. On their turn, a player rolls the dice and covers a number on their Bingo card that matches the dice roll multiplied by any number from 1 to 5 (e.g., if the player rolls a 3, they can cover any multiple of 3 on their card: 3, 6, 9, 12, 15).
5. After covering a number, the player answers a corresponding positive reflection question based on the dice roll:

1: Who is someone you are grateful for in your life, and why?

2: What recent experience made you feel grateful, and how did it impact you?

3: What are three things you often take for granted but are truly thankful for?

4: Can you think of a challenge you faced that later brought something positive into your life? What are you grateful for in that situation?

5: What place makes you feel happy and grateful, and what do you love most about it?

6: How has someone's kindness or support recently changed your life, and how did you express your gratitude?

# GRATITUDE BINGO

## INSTRUCTIONS

The aim is to be the first to complete a line of five squares in any direction on their Bingo card.

The game continues until one player completes a line. The game is a draw if the Bingo cards fill up without a winner.

### **Post-Game Reflection and Exercise:**

The winner of the game answers an additional reflection question from the list above.

The loser rolls the six-sided dice and completes the corresponding bodyweight exercise:

- 1: Squats (10 reps)
- 2: Sit-ups (10 reps)
- 3: Push-ups (10 reps)
- 4: Lunges (10 reps)
- 5: Star jumps (10 reps)
- 6: Burpees (10 reps)

### **Additional Reflection Questions (for repeated play):**

#### **Positive Reflection:**

1. What are three qualities you love about yourself, and how do they positively impact your life?
2. Think of a time when you accomplished something you are proud of. How did that achievement make you feel about yourself?
3. What is an area of your life where you have shown growth or improvement, and how does that reflect your ability to adapt and succeed?
4. How do you practice self-care, and why is it important for your well-being?
5. Can you recall a compliment that made you feel good about yourself? How did it affect your self-esteem?
6. What healthy boundaries have you set for yourself, and how do they help you maintain a positive relationship with yourself and others?

# GRATITUDE BINGO

## INSTRUCTIONS

### **Future Aspirations:**

1. What is one long-term goal you have for yourself, and what steps are you taking to achieve it?
2. How do you envision your ideal life five years from now, and what key elements make it fulfilling?
3. What skills or knowledge do you want to acquire in the future, and how will they help you reach your aspirations?
4. Who inspires you in your field or personal life, and what lessons from their journey can you apply to your future?
5. What challenges do you anticipate in pursuing your goals, and how can you prepare yourself to overcome them?
6. How do you plan to maintain a balance between your personal and professional aspirations to ensure overall well-being and happiness?

### **Why This Game Works:**

Gratitude Bingo is engaging and easy to understand, making it perfect for all ages. It promotes positive reflection and gratitude through a familiar and fun format. The added element of physical exercise for the losing player keeps the game dynamic and active. This game encourages meaningful conversations and more profound connections while providing a playful and enjoyable experience for everyone involved.

# GRATITUDE BINGO

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25

# GRATITUDE BINGO

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25