

Empathy Bingo

EMPATHY BINGO

For individual sessions

Select an item from the Bingo item call list at random. You may use a random number generator that uses 1-25 or just call out items at random. Follow the instructions of each item. If the item involves sharing, ask the client to answer honestly. If the statement is a complete phrase (e.g., "How does it make you feel when I'm not treating you kindly"), ask the client to reflect on how they could use that phrase empathetically in their interactions. Then, act out a conversation that does so. The goal is for the client to complete a line (horizontal, vertical, or diagonal) to call out "Bingo!" If you have the time, aim for a full blackout by completing the entire card. You may ask your client to keep the card after the game. You may also give your client a clean Empathy Bingo card to complete on their own time as homework.

Bingo item call list Tick each item after you have called it in an individual session:

ITEM 1

- ☐ 1. Ask each other and answer: "How does it make you feel when I'm not treating you kindly?"

ITEM 2

- ☐ 2. Ask the client to thank someone for something specific.

ITEM 3

- ☐ 3. Ask the client to describe a character's emotions in a book you've read.

ITEM 4

- ☐ 4. Ask the client to provide an example of showing patience.

ITEM 5

- ☐ 5. Ask the client to describe a time when you demonstrated self-control.

ITEM 6

- ☐ 6. Ask the client when they could use or last used a statement like this: "I'm sorry you had a tough time with this. I understand how that could be upsetting."

ITEM 7

- ☐ 7. Talk about your happy place with the client and ask them about theirs.

ITEM 8

- ☐ 8. Ask the client about a time when they provided encouragement and what they said.

ITEM 9

- ☐ 9. Ask the client about a time they were disappointed and talk about a time when you were.

ITEM 10

- ☐ 10. Ask the client to share an example of how you've worked on improving your empathy.

ITEM 11

- ☐ 11. Ask the client when they could use or last used a statement like this: "I get that it's frustrating when ____." Act out a conversation like that.

ITEM 12

- ☐ 12. Ask the client when they could use or last used a statement like this: "Oh no, that sounds tough. Could you tell me a bit more about it, please?" Act out a conversation like that.

ITEM 13

- ☐ 13. Ask the client about a time when you forgave someone.

ITEM 14

- ☐ 14. Talk about how your day is going and use your facial expressions and body language. Then ask the client how you actually felt.

ITEM 15

- ☐ 15. Ask the client when they could use or last used a statement like this: "Thanks for helping me understand." Act out a conversation like that.

ITEM 16

- ☐ 16. Ask the client to practice taking five deep belly breaths (breathe in deeply as if smelling soup, and breathe out to cool it off).

ITEM 17

- ☐ 17. Ask the client to identify and name your current emotion. "I feel ____."

ITEM 18

- ☐ 18. Act out an emotion and let the client guess how you feel.

ITEM 19

- ☐ 19. Ask the client when they could use or last used a statement like this: "I can hear that you're upset about how ____ treated you." Act out a conversation like that.

ITEM 20

- ☐ 20. Ask the client when they could use or last used a statement like this: "Thank you for letting me know about this so I can help." Act out a conversation like that.

ITEM 21

- ☐ 21. Ask the client to share two things that they appreciate about someone else.

ITEM 22

- ☐ 22. Ask the client where they sense anger in their body when they feel it.

ITEM 23

- ☐ 23. Ask the client when they could use or last used a statement like this: "I'd feel frustrated, too, in that situation." Act out a conversation like that.

ITEM 24

- ☐ 24. Ask the client about three ways to calm yourself when experiencing strong emotions.

ITEM 25

- ☐ 25. Ask the client for an example of showing self-respect.

FOR GROUP SESSIONS

For group sessions Each group member receives an Empathy Bingo card. Calling out random items is not needed in this instance since the participants will try to recreate the scenarios. Ask participants to start conversations with the statements from their bingo cards in mind or directly use them, in the case of sayings ("Use this statement") or challenges ("Ask someone to..."). They may talk about any topic they want. Each participant can only check off boxes from personal interactions or statements directed to them. If they complete a row, column, or diagonal, they can call out "Bingo!" If you have time or can do multiple sessions, aim for a full blackout. You may also ask the participants to keep their card with them after the game. You may also give your participants a blank Empathy Bingo card to complete on their own time as homework. There are 8 variants of the group Empathy Bingo cards are on the following pages. You may screenshot them to use as reference.