

# Icebreakers

## Human Bingo

### Senior 1-4 Education Curriculum Connections

**This activity contributes to the following Student Specific Learning Outcomes:**

#### ***Family Studies***

- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 6.1.3 Discuss relationship of adults and youth in the community.*
- *S1 6.1.1 Discuss cultural components of near environment, e.g., church, community club, school.*






#### ***Guidance Education GLOs under Personal/Social Component.***

#### ***Physical Education***

- *K.4.S1.B.2a Identify communication skills and strategies that promote team/group dynamics.*
- *K.4.S2.A.1 Assess personal attributes and talents across a variety of domains, and assess how each contributes to self-esteem/self-confidence.*
- *(Wellness Bingo only) 11.MH.1 Identify and apply positive health strategies to deal with issues such as stress, anxiety, depression, and eating disorders.*

- For this activity you can photocopy the bingo sheet on the next pages or create your own.
- Hand out “bingo” sheets with get-to-know-you questions.
- Explain that they need to move around the room and try to fill each on their bingo sheet (or a line or two depending on the number of participants) with a different person’s name.
- When they have the whole sheet (or one or two lines) completed they should yell “bingo!”
- They can sign their own page once especially if there are less people.
- Have winner read the names in each box.




# BINGO

Find someone who has a family member who came from a different part of the world.	Find someone who is a friend of a lesbian, gay, bi, trans, or two-spirited person.	 Yippeeee!	Find someone who uses or knows someone who uses a wheelchair.	Find someone who helps or volunteers for community events.
 Sweetgrass!	Find someone who spends time with Elders & thinks they rock	Find someone who golfs.	Find someone who doesn't use Facebook.	Find someone who has given out condoms to friends or someone who needed or wanted one.
Find someone who plays an instrument or writes lyrics.	Find someone who speaks more than one language.	Find a person raised by their Grandparents.	Find someone who knows how to snare a rabbit.	
Find someone who has traveled on a winter road this year.	Find someone who doesn't laugh at racist, sexist, or homophobic jokes.	Find someone who goes to a church or temple.		Find someone who knows what the symbol to the left stands for. ←
Find someone who has helped out a teen parent.		Find someone who goes to school in the city.	Find someone who has sat by rapids for an entire day.	Find someone who has been or goes regularly to sweat lodges.

Here's what you do:

1. Walk around the room & find people who fit into the squares above.
2. Get them to sign the square if it applies to them. The ones with pictures are FREE squares!
3. You can only get someone to sign your sheet once, so talk to different people!
4. Once you have \_\_\_ lines across or down, yell "BINGO."
5. If that was too easy, see if you can fill all your squares today! Good luck!

# WELLNESS BINGO

Make a themed playlist	Make your own square! _____	 Be affectionate with someone	Sit by a stream, river, lake or waterfall	Volunteer for an event
 Smudge	Spend time with Elders or spiritual leaders	Ask for help from someone you trust	Take a break from social media	Breathe deeply three times in a row
Express your feelings through art	Learn or speak a language that is not English	Ask Grandparents about their childhood	 Play with animals	Call a free helpline
Watch movies with friends	 Listen or make music	Journal your thoughts	Belly laugh	Believe a compliment about yourself
Video games	Play sports	Spend time in nature	Go to ceremonies	 cook or bake

Here's what you do:

1. Walk around the room & find people who would like to do the things in the squares.
2. Get them to sign the square if it applies to them.
3. You can only get someone to sign your sheet once, so talk to different people.
4. Once you have \_\_\_ full lines across or down, yell "BINGO." Claim the prize!
5. If that was too easy, see if you can fill all your squares today. Good luck!