



**Co-funded by
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WP 4 – Board Games

“FEELINGS BINGO”

There are special cards for playing this game. One person is selected to lead the game. The leader chooses 4 players from the group who are divided into two pairs. The rest of the group will be given the blank bingo boards. The selected four players will become actors/actresses. Their task is to co-operate.

The leader of the game gives one pair a card with a feeling or emotion and the task is to express this feeling in the most complicated way.

The rest of the players have to guess what the feeling or emotion is and write it on paper. If the answer is correct, they get a Bingo, if incorrect an X. The person who gets full house first, is the winner.

To make this game even more complicated, it is necessary to act out certain situations. This is where the players have to resort to their creativity and imagination to display the feeling. The two players have to create spontaneously and on spot a little scene where this emotion would be conveyed. This is the beauty of this game- creativity & cooperation.

The game includes a couple of bonuses. There are some cards where instead of the feeling/emotion, there is a name of some well-known person. A person who exhibits a particularly specific behaviour to express emotions.

The leader of the game gives the players 5 names from whom to choose before starting the parody. The bingo players guess correctly, they get to fill two bingo squares.

The game also includes two blank cards. One card is up to the player to decide who to parody. The other blank card is to be used to parody a person from the group.

When the winner is found, the roles are changed.

Objectives of the game:

1. to broaden young people's knowledge and awareness of emotions. Acting out different situations helps them understand their own and other people's feelings. At the end of the game all actors/actresses and players can express what emotions arose during the game.
2. to increase self-awareness and practice being out of the comfort zone. The players can test their abilities acting out scenes on spot to express emotions,.
3. to develop creativity and co-operation skills as well as self-management.



MINDFULNESS – ALIAS

The following words are written on small pieces of cardboard or paper:

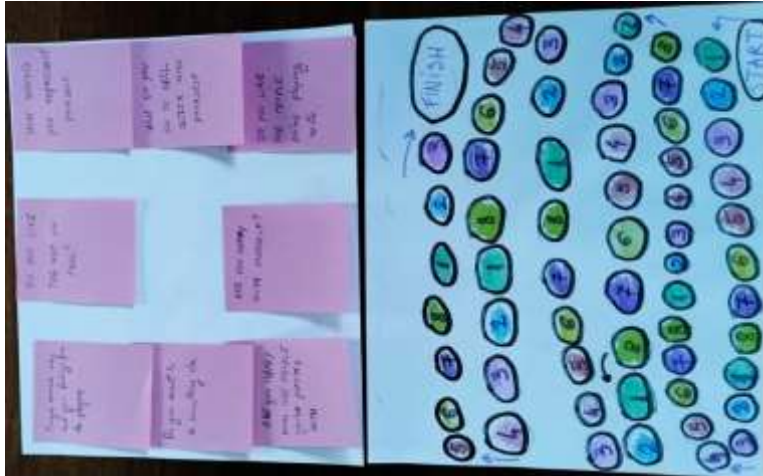
Burnout	Empathy	Consciousness	Journalling	Presence
Belief	Gratitude	Healing	Patience	Reflection
Authentic	Focus	Grounding	Trauma	Anxiety
Addiction	Coping	Insight	Self-regulation	Behaviour
Acceptance	Awareness	Mindful	Creativity	Subconscious
Compassion	Boundary	Meditation	Judgement	Communication
Depression	Symptom	Disorder	Disease	Therapy
Phobia	Attention	Comfort	Stress	Feeling
Emotion	Thought	Mood	Worry	Abuse
Conflict	Cope	Connection	Affection	Friendship
Support	Stability	Sleep	Rest	Value
Identity	Peer	Connection	Clarity	Health

Objectives:

1. bring awareness to mental health issues and overall emotional well-being
2. increase verbal self-expression of young people

Mindfulness: DO IT!

Mindfulness Board Games were created by students at School No 195, in order to learn and apply conscious communication skills, empathy and compassion. Our students practised mindfulness techniques and applied conscious communication playing the games they created.



- objective: to maintain good mental health by playing Mindfulness board games, to get improvement in mental well-being, good vibe and attention

-expected outcome: DO IT! Mindfulness board games from School No 195:

- methodology: following a **Checklist for game designers**, students created Mindfulness board games to raise awareness on mindfulness, developing skills (responsibility, awareness, decision making, creativity, critical thinking, communication, cooperation, active listening, adaptability, problem solving). By playing Mindfulness board games, participants transferred knowledge on mindfulness education, developing self-trust, goal-setting, patience, focus, positivity, integrity, determination, courage, attentiveness, respect, health, friendship, happiness.





QUESTIONS EXAMPLES

- PROFESSOR**
 - FIELD
 - SOCIAL SCIENCE
 - CITY
- PEOPLE**
 - FAMILY
 - PEOPLE
 - GROUP
- CHANGE**
 - APPROACH
 - SOLUTIONS
- WEALTHY**
 - WEALTHY
 - HEALTHY
 - AND
 - RELAX
 - LIFESTYLE
- EXPERIENCE**
 - EXPERIENCE
 - EXCHANGE
 - EXPERIENCE
- POSITIVE THINGS**
 - JUSTICE
 - PIECE
 - ADVICE
 - CHILD

You need to play it ~~to~~ so you get familiar with global words.

- You develop your speaking skills.
- Students who play this game also need general knowledge.
- Students who write down the words.
- You develop thinking on the phone and online change.
- How many words per round, total time 1 hour.
- Rules: Guess as many words as you can in 1 hour.
- How get hearing about global warming and embracing your diversity.
- How results: Learning a few new words and learning about global warming.
- How many played? There are groups of two, as many as you want.
- Age: 7+
- Roles: 1. The one who describes the words.
2. The one who guesses the words.
- Materials: The game includes cards, playing materials, etc.

Checklist for game designers:

- NAME**
- GOALS**
- AGE**
- TIME**
- LEVEL**
- DIFFICULTY**
- TECHNOLOGY**
- TEACHERS**
- STUDENTS**
- QUESTIONS**
- ANSWERS**
- FEEDBACK**
- ADDITIONAL**
- NOTES**

Checklist for game designers:

1. Why did we create this Game?
2. What kind of skills can be developed in this game?
3. What kind of knowledge do we want to transfer?
4. What kind of mindset and values do we want to develop?
5. How much time do we have for the game?
6. What kind of game mechanics do we choose?
7. What is the main goal in the game?
8. Main results the players can achieve?
9. How many players do we need?
10. Who are these players?
Target groups
11. What kind of roles can be played in our game?
12. What are the materials/ assets we need to play the game?



FEELINGS HOPSCOTCH

At School No 195 older students painted Hopscotches for their younger mates- maintaining social connections within Board Games 195.

