

Empathy Bingo

For individual sessions

1. 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.
2. Follow the instructions of each item.
3. 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.
4. 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.
5. 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:

- ☐ 1. Ask each other and answer: “How does it make you feel when I’m not treating you kindly?”
- ☐ 2. Ask the client to thank someone for something specific.
- ☐ 3. Ask the client to describe a character’s emotions in a book you’ve read.
- ☐ 4. Ask the client to provide an example of showing patience.
- ☐ 5. Ask the client to describe a time when you demonstrated self-control.
- ☐ 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.”
- ☐ 7. Talk about your happy place with the client and ask them about theirs.
- ☐ 8. Ask the client about a time when they provided encouragement and what they said.
- ☐ 9. Ask the client about a time they were disappointed and talk about a time when you were.
- ☐ 10. Ask the client to share an example of how you’ve worked on improving your empathy.
- ☐ 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.
- ☐ 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.
- ☐ 13. Ask the client about a time when you forgave someone.
- ☐ 14. Talk about how your day is going and use your facial expressions and body language. Then ask the client how you actually felt
- ☐ 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.
- ☐ 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).
- ☐ 17. Ask the client to identify and name your current emotion. “I feel ____.”
- ☐ 18. Act out an emotion and let the client guess how you feel.
- ☐ 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.
- ☐ 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.
- ☐ 21. Ask the client to share two things that they appreciate about someone else.
- ☐ 22. Ask the client where they sense anger in their body when they feel it.
- ☐ 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.
- ☐ 24. Ask the client about three ways to calm yourself when experiencing strong emotions.
- ☐ 25. Ask the client for an example of showing self-respect.

For group sessions

1. 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.
2. 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
3. Each participant can only check off boxes from personal interactions or statements directed to them.
4. 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.
5. 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 reprint them as many times as necessary.

B I N G O

Ask someone to describe someone else's emotions, and say what you think.	Ask someone about a time when they demonstrated self-control.	Ask someone for an example of showing self-respect.	Ask someone to share an example of how they have worked on improving their empathy.	"Thank you for letting me know about this so I can help."
Thank someone for something specific.	"Thanks for helping me understand."	Guess how another person feels, and ask them if you are correct.	Ask someone about a time they were disappointed and talk about a time you felt it.	Ask someone about where they sense anger in their body when they feel it.
Encourage someone or talk about a time when you did.	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language	"How does it make you feel when I'm not treating you kindly?"	"Oh no, that sounds tough. Could you tell me a bit more about it, please?"	"I'm sorry you had a tough time. I understand how that could be upsetting."
Talk about your happy place with someone and ask them about theirs.	Ask someone about a time when they forgave someone.	Ask someone about three ways to calm yourself when experiencing strong emotions.	"I'd feel frustrated, too, in that situation."	Ask someone about an example of showing patience.
Practice taking five deep belly breaths.	Tell someone how you feel about something they said.	"I get that it's frustrating when ____."	"I can hear you're upset about how ____ treated you."	Share two things that you appreciate about someone, and ask them the same.

B I N G O

"Thank you for letting me know about this so I can help."	Ask someone about where they sense anger in their body when they feel it.	Ask someone about a time when they demonstrated self-control.	Ask someone about a time when they forgave someone.	Ask someone for an example of showing self-respect.
"I'm sorry you had a tough time. I understand how that could be upsetting."	"I'd feel frustrated, too, in that situation."	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language.	Encourage someone or talk about a time when you did.	Thank someone for something specific.
Ask someone to share an example of how they have worked on improving their empathy.	Ask someone about a time they were disappointed and talk about a time you felt it.	Tell someone how you feel about something they said.	Talk about your happy place with someone and ask them about theirs.	Ask someone about an example of showing patience.
Guess how another person feels, and ask them if you are correct.	"I get that it's frustrating when ____."	"Oh no, that sounds tough. Could you tell me a bit more about it, please?"	"Thanks for helping me understand."	"How does it make you feel when I'm not treating you kindly?"
"I can hear you're upset about how ____ treated you."	Ask someone about three ways to calm yourself when experiencing strong emotions.	Practice taking five deep belly breaths.	Share two things that you appreciate about someone, and ask them the same.	Ask someone to describe someone else's emotions, and say what you think.

B I N G O

Share two things that you appreciate about someone, and ask them the same.	Ask someone about a time they were disappointed and talk about a time you felt it.	Ask someone about a time when they demonstrated self-control.	Ask someone about an example of showing patience.	Ask someone about three ways to calm yourself when experiencing strong emotions.
Ask someone to describe someone else's emotions, and say what you think.	Ask someone about where they sense anger in their body when they feel it.	Tell someone how you feel about something they said.	"Thank you for letting me know about this so I can help."	"Thanks for helping me understand."
"Oh no, that sounds tough. Could you tell me a bit more about it, please?"	Encourage someone or talk about a time when you did.	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language.	Guess how another person feels, and ask them if you are correct.	Ask someone for an example of showing self-respect.
Practice taking five deep belly breaths.	"I'd feel frustrated, too, in that situation."	"How does it make you feel when I'm not treating you kindly?"	Talk about your happy place with someone and ask them about theirs.	"I get that it's frustrating when ____."
Ask someone to share an example of how they have worked on improving their empathy.	Ask someone about a time when they forgave someone.	Thank someone for something specific.	"I can hear you're upset about how ____ treated you."	"I'm sorry you had a tough time. I understand how that could be upsetting."

B I N G O

Ask someone about a time they were disappointed and talk about a time you felt it.	Talk about your happy place with someone and ask them about theirs.	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language.	"I can hear you're upset about how ____ treated you."	Ask someone about three ways to calm yourself when experiencing strong emotions.
Ask someone to share an example of how they have worked on improving their empathy.	"I get that it's frustrating when ____."	"Thanks for helping me understand."	"Oh no, that sounds tough. Could you tell me a bit more about it, please?"	Share two things that you appreciate about someone, and ask them the same.
Tell someone how you feel about something they said.	Practice taking five deep belly breaths.	Ask someone about where they sense anger in their body when they feel it.	Guess how another person feels, and ask them if you are correct.	"Thank you for letting me know about this so I can help."
Ask someone to describe someone else's emotions, and say what you think.	Ask someone about an example of showing patience.	"I'd feel frustrated, too, in that situation."	Ask someone for an example of showing self-respect.	Thank someone for Ask someone about a time when they demonstrated self-control.
"I'm sorry you had a tough time. I understand how that could be upsetting."	Ask someone about a time when they forgave someone.	Thank someone for something specific.	"How does it make you feel when I'm not treating you kindly?"	Encourage someone or talk about a time when you did.

B I N G O

"I can hear you're upset about how _____ treated you."	"Thank you for letting me know about this so I can help."	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language.	Talk about your happy place with someone and ask them about theirs.	Tell someone how you feel about something they said.
"How does it make you feel when I'm not treating you kindly?"	Ask someone to describe someone else's emotions, and say what you think.	"I'm sorry you had a tough time. I understand how that could be upsetting."	Ask someone about a time when they forgave someone.	"Oh no, that sounds tough. Could you tell me a bit more about it, please?"
Ask someone about three ways to calm yourself when experiencing strong emotions.	Ask someone for an example of showing self-respect.	Encourage someone or talk about a time when you did.	Share two things that you appreciate about someone, and ask them the same.	Guess how another person feels, and ask them if you are correct.
Practice taking five deep belly breaths.	Ask someone about where they sense anger in their body when they feel it.	Thank someone for something specific.	Ask someone about a time when they demonstrated self-control.	"I'd feel frustrated, too, in that situation."
"I get that it's frustrating when _____."	Ask someone about a time they were disappointed and talk about a time you felt it.	"Thanks for helping me understand."	Ask someone about an example of showing patience.	Ask someone to share an example of how they have worked on improving their empathy.

B I N G O

Encourage someone or talk about a time when you did.	"I'm sorry you had a tough time. I understand how that could be upsetting."	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language.	Ask someone about an example of showing patience.	Ask someone about three ways to calm yourself when experiencing strong emotions.
Tell someone how you feel about something they said.	Talk about your happy place with someone and ask them about theirs.	Ask someone about a time they were disappointed and talk about a time you felt it.	"Oh no, that sounds tough. Could you tell me a bit more about it, please?"	Ask someone about a time when they forgave someone.
"I can hear you're upset about how ____ treated you."	Guess how another person feels, and ask them if you are correct.	"I get that it's frustrating when ____."	"How does it make you feel when I'm not treating you kindly?"	"I'd feel frustrated, too, in that situation."
"Thanks for helping me understand."	Ask someone to share an example of how they have worked on improving their empathy.	Ask someone about where they sense anger in their body when they feel it.	Ask someone to describe someone else's emotions, and say what you think.	Thank someone for something specific.
Ask someone about a time when they demonstrated self-control.	Ask someone for an example of showing self-respect.	Practice taking five deep belly breaths.	"Thank you for letting me know about this so I can help."	Share two things that you appreciate about someone, and ask them the same.

B I N G O

Practice taking five deep belly breaths.	"I can hear you're upset about how ____ treated you."	Ask someone about a time when they forgave someone.	Thank someone for something specific.	"How does it make you feel when I'm not treating you kindly?"
Talk about your happy place with someone and ask them about theirs.	"I'd feel frustrated, too, in that situation."	Ask someone to share an example of how they have worked on improving their empathy.	"Thank you for letting me know about this so I can help."	Guess how another person feels, and ask them if you are correct.
Ask someone about an example of showing patience.	Ask someone about three ways to calm yourself when experiencing strong emotions.	"I get that it's frustrating when ____."	"Thanks for helping me understand."	Ask someone about a time they were disappointed and talk about a time you felt it.
Encourage someone or talk about a time when you did.	Ask someone about a time when they demonstrated self-control.	Ask someone for an example of showing self-respect.	"I'm sorry you had a tough time. I understand how that could be upsetting."	"Oh no, that sounds tough. Could you tell me a bit more about it, please?"
Share two things that you appreciate about someone, and ask them the same.	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language.	Tell someone how you feel about something they said.	Ask someone to describe someone else's emotions, and say what you think.	Ask someone about where they sense anger in their body when they feel it.

B I N G O

"Oh no, that sounds tough. Could you tell me a bit more about it, please?"	"I can hear you're upset about how ____ treated you."	Ask someone for an example of showing self-respect.	"I'm sorry you had a tough time. I understand how that could be upsetting."	Ask someone to share an example of how they have worked on improving their empathy.
Ask someone about a time when they forgave someone.	"Thanks for helping me understand."	"I get that it's frustrating when ____."	Thank someone for something specific.	Ask someone about three ways to calm yourself when experiencing strong emotions.
Ask someone to describe someone else's emotions, and say what you think.	"I'd feel frustrated, too, in that situation."	"How does it make you feel when I'm not treating you kindly?"	Practice taking five deep belly breaths.	"I can hear you're upset about how ____ treated you."
Encourage someone or talk about a time when you did.	Thank someone for Ask someone about a time when they demonstrated self-control.	Ask someone for an example of showing self-respect.	Ask someone about a time they were disappointed and talk about a time you felt it.	Guess how another person feels, and ask them if you are correct.
Share two things that you appreciate about someone, and ask them the same.	"Thank you for letting me know about this so I can help."	Listen to someone talk about how their day is going and pay attention to their facial expressions and body language.	Talk about your happy place with someone and ask them about theirs.	Ask someone about a time when they demonstrated self-control.