



# FREE Resources

for school counselors and their students



**problem-solving • social skills development • identifying feelings • coping skills • and more**

## Within this activity you'll find...

1. Overview
2. A sample script to use with students to introduce the topic and activity
3. Ideas for engaging students using these resources



## Social Skills Bingo

We hope you find this just as useful in your work with students as other school counselors have! Please let us know if you have any feedback.



## ACTIVITY: Hopscotch Social Skills Bingo

### Objectives:

- Build self-esteem and confidence
- Develop empathy and compassion for others
- Improving communication and conflict resolution skills
- Developing positive relationships with peers and adults

### Materials Needed:

- Download and print the **Hopscotch Social Skills Bingo** page for each person
- Pen, pencil, or marker for each group/student

### OVERVIEW

Social interaction is a fundamental aspect of human development and is crucial for student emotional, cognitive, and behavioral growth. Social skills help children to build and maintain relationships, communicate effectively with others, and navigate social situations in a respectful and positive manner.

The pandemic has made socialization difficult for many children, especially those who were isolated from their peers for extended periods of time. This isolation may have resulted in reduced opportunities to practice social skills and reduced exposure to a variety of social situations. Therefore, it's important to help students regain and improve their social skills..

Teaching children about social skills in a way that makes sense to them through play-based activities can help them unconsciously start to think about social skills while having fun. And, what child doesn't want to play a fun game of Bingo? Our Head of Clinical Programming and Licensed Professional Counselor Andrew Jatau developed this activity to help kids practice some critical social skills—such as taking turns when playing and starting a conversation with someone new.

#### *Individually & as a group*

Social Skills Bingo is a great way to make social skills development fun and interactive. It can be used as part of an individual counseling session, as well as in group counseling sessions or classroom activities. With Social Skills Bingo, students will have fun while developing important skills that will benefit them in all aspects of their lives..



## SAMPLE SCRIPT: Introducing social skills to students

*I'm going to introduce you to a fun activity called "Social Skills Bingo." But before we dive into the game, I want to talk to you about social skills.*

*Social skills are the skills we use to communicate and interact with others in a positive and respectful way. They help us make friends, solve problems, and work well with others.*

*Some examples of social skills are:*

- *Saying "please" and "thank you"*
- *Making eye contact when talking to someone*
- *Using kind words*
- *Listening when others are speaking*
- *Asking for help when you need it*
- *Apologizing when you make a mistake*

*Now, we're going to play a fun game called Social Skills Bingo. This game will help us practice different social skills like listening, sharing, and taking turns.*

### Individual:

*Each bingo square has a different social skill on it. When you show me how you would do one of these skills, you can mark off the square on your bingo card. Practicing social skills can help us become better friends and have better relationships with others. Let's have fun playing Social Skills Bingo and practicing these important skills!*

*Would you like for me to show you first? Okay, pick one of the squares for me to do. (then demonstrate).*

*Now it's your turn. Which one would you like to choose first?*

### Group:

*In this game, you will receive a bingo card with different social skills listed in each box. You will go around the room and try to find someone who can demonstrate that social skill. When you find someone who can demonstrate a skill, they will sign their name in that box. The goal is to fill your entire bingo card.*

*This game is a fun way to practice social skills and also learn from others. You may find that you are really good at some social skills, while others may be harder for you. Remember, social skills are something that you can always work on and improve.*

*So, are you ready to play Social Skills Bingo? Let's get started!*



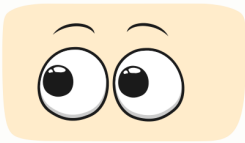
## IDEAS FOR ENGAGING STUDENTS

Welcome to Social Skills Bingo, a fun and interactive tool designed for school counselors to use with students to develop their social skills. This activity is perfect for students who may need extra support in developing their social skills, including those with social anxiety, shyness, or challenging social behaviors.

Social Skills Bingo is a game that involves a set of skills that students can practice and master over time. It can be used in individual or group settings to help students improve their social skills, communication, and interaction with others. The game consists of a bingo card with various social skills listed in each square, such as “taking turns,” “active listening,” “raising your hand,” “using your manners.” As the students play the game, they will have the opportunity to role play and demonstrate the social skills listed on their bingo card and mark it off their bingo card. As the student completes each demonstration, the counselor can provide positive feedback and guidance on how to improve and reinforce the skills being practiced. This can help build confidence and self-esteem in students, while also improving their ability to connect with others and build meaningful relationships.

# Social Skills BINGO

Let's play Social Skills Bingo! During the week, see how many of these challenges you're able to do. Can you get three in a row?  
Can you do every challenge on the whole board?



Make eye contact when you're listening to others!



Make plans to hang out with a friend outside of school!



Take turns and share when playing with others!



Raise your hand to answer or ask a question in class!



Give someone a compliment!



Be a "good sport" when playing a game with others!



Ask for help when you need it!

Hello!

Start a conversation with someone new!

please

Use your manners when around others!

