

ANGER MANAGEMENT: SESSION 4

Okay Angries Bingo Game

Objective: Cooperative bingo game to reinforce self-regulation, anger management techniques.

Materials: Laminated bingo sheets, one deck of bingo cards, washable markers

Playing the Game:

- Give each child a bingo sheet and a washable marker
- Explain that if a child has a picture that matches a card pulled by the teacher, the child can mark (circle, x) that picture.
- When a child has matched all the pictures on his/her sheet, the child has bingo
- The game is over when everyone has bingo
- The teacher (or a puppet) pick a card from the pile as the game proceeds, show the card and explain the strategy shown on card

SOURCE: Community Living Toronto, Early Childhood Services