

# WELL BEING BINGO

When we meet people, we usually ask 'How are you?' or something similar. Usually this is a form of greeting and we are not necessarily interested in how people really are, but sometimes we really need to tell someone how we are feeling, to get the 'weight off our shoulders'

Your task is to ask each person how they are and to complete the bingo grid.

Fine	Hung over	Proud	Angry
Cold	Lonely	Stressed	Alright
Hungry	Upset	Relaxed	Hyper
Happy	Confused	Tired	Gross

There is a saying that 'a problem shared is a problem halved' so sometimes all we have to do is to listen to a friend in need or find a friend who will listen to us, and then that thing that seems so bad and has been worrying us can seem smaller and easier to deal with.

For class discussion:

Which of the answers were physical and which were emotional? When people ask you how you are which are you more likely to give an answer about; your physical well-being or your emotional well being?

