

Module Title:	Human Bingo			
Duration	20 – 30 minutes			
Delivery method	Blended ☐	Face to face ☒	Online learning ☐	Distance learning (Learning Platform) ☐
	Notes on the choice: <i>*The trainer will choose the course delivery method taking into account the interested students location, the available teaching space and resources, social situation, etc.</i>			
Learning Outcomes:	• Get to know other group members in a positive and engaging way. • Build trust and establish initial connections within the group. • Demonstrate active listening and respectful communication.			
Materials	• Human bingo sheet (one per participant) • Pens or pencils			
Session purpose	This activity is designed as an introductory session before moving on to the other workshops. It provides participants with the opportunity to get to know one another, discover shared interests and experiences, and recognise both similarities and differences within the group. By creating a relaxed and informal atmosphere, the activity helps participants feel more comfortable, builds trust, and encourages active participation, laying a positive foundation for the learning journey ahead.			
Session Details:	Lesson Item:	Method(s) and instructions for trainers:		
	Introduction	Introduce the Human Bingo activity by explaining that participants will move around the room, talk to different people and find someone who matches each statement on their bingo card. Emphasise that: • everyone should speak to as many different people as possible; • the same name can appear only 2 times (unless you decide otherwise. The number depends also on the size of the group) • there are no right or wrong answers.		
	Activity 1:	Distribute one Human Bingo card and a pen to each participant. Participants must circulate around the room asking questions until they find someone who matches the description. When they find a match, that participant signs the name of the fellow participant in the corresponding square.		

		Encourage participants to continue talking even after obtaining the information they needed by asking follow-up questions. Allow participants 20–25 minutes to move freely around the room. The activity ends when one of the participants completes all the sheet and calls out “bingo”. Once the game is ended, the group together checks the different answers.
	Post-Activity Discussion	Invite participants to sit together. Ask questions such as: • What did you discover about the group? • What surprised you? Highlight that although everyone is different, many people share similar interests, experiences and values. Explain that creating positive social connections is one of the protective factors that supports wellbeing and can reduce feelings of isolation, which are often linked to risky behaviours and addictions.
Additional notes and tips for trainers • Create an inclusive atmosphere where everyone feels welcome. • Encourage participants to speak with people they do not already know. • Adapt the bingo statements to the age, culture and background of the group. • Avoid questions that may reveal sensitive personal information. • Keep the pace lively while ensuring nobody is left out.		