

# Kooth Activity Sheet



ENERGY LEVEL:  
Energetic



NO. OF PEOPLE:  
10+



ESTIMATED TIME:  
30mins

## Human bingo

### ACTIVITY OBJECTIVE:

To help young people become more self-aware of their fears and be able to talk about ways to manage them.

### MATERIALS REQUIRED:

1. Paper or post-it notes
2. Pens/pencils

### INSTRUCTIONS:

1. Hand out a piece of paper or a post-it note to each young person.
2. Ask each person to think of 3 fears people might have and write them down on the paper (i.e. fear of heights, spiders, small spaces, exams, or public speaking).
3. Give young people 5 minutes to walk around the room and ask each other if they have any of the fears written on their paper. If they do, they can be crossed off the list.
4. Once all 3 fears are crossed off, they can shout 'Bingo' and they win the game.
5. After a few rounds, ask young people to pair of with someone who has a same, or similar fear to them. Give them 10 minutes to talk about how they could overcome or manage their fear.
6. To conclude, allow people to share the ideas they came up with.

You could also pose some discussion questions: What are some coping strategies? Are there any coping strategies that are most popular across the group? Did anyone find a new coping strategy that they have heard and will use in the future?



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