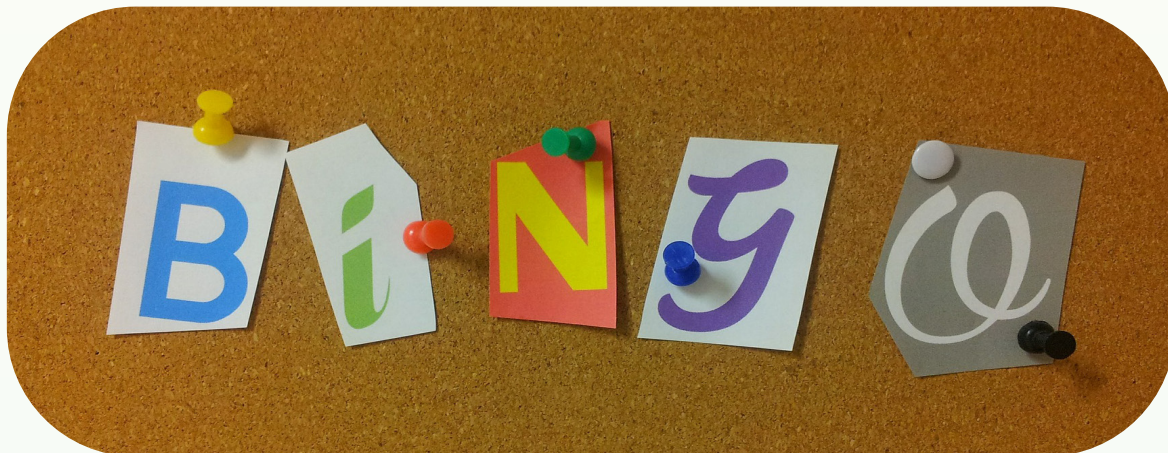


Academic Tutorial: Human Bingo



Wellbeing Tutorial

Session Length: 30mins-45mins

Aims:

- To give students the opportunity to find people with common interests in their classes. This should challenge the students' initial perception of each other and allow new friendships to form whilst developing communication skills and confidence when approaching new people.

Set Up:

You will need a space where students can move around freely and mix during the session.

Equipment:

- 1 x [Human Bingo Sheet](#) per student
- 1 x Screen Display
- Printer for resources
- Pens to fill in the Human Bingo resource page
- Optional—[Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (10mins):

Start the session with a small discussion about perception and how you can judge people without speaking to them. Encourage students to participate and give examples of this from the media. Then discuss how this can affect wellbeing and can create division amongst groups before beginning the main task.

Optional - ask students to complete a digital intro form.

Task 1 (15mins):

Introduce the main part of the session which is the Human Bingo activity. Each card will be slightly different so all students will need to speak to other people in the class to complete. Students should receive a randomised card each and then told how to play bingo (find a person that matches the description and write their name on the square they fill). Students will only complete the task once they've found over $\frac{3}{4}$ of the total number of squares.

Task 2 (10mins):

Give students time to complete the task. Walk around and encourage those who are more nervous to participate with the Staff member or partner up if struggling. The Task will finish after the scheduled 10 minutes which can be shown as a countdown timer on a large screen display.

Task 3 (10mins):

Students go back to their seats and discuss how they found the task in small groups. Was it what they expected? How has this challenged their perceptions of others and how could this type of exercise help them in future when in new situations.

Optional - students will now be asked to complete a digital exit form for feedback on the session.