



OKAY BINGO

The Okay Bingo Game is part of a larger discussion about bullying, anti-bullying, prosocial behaviors, and self-advocacy for students with intellectual impairments. These are all integral parts of creating a safe environment.

Use Okay Bingo to begin, continue, or re-visit these concepts throughout the year.

Directions:

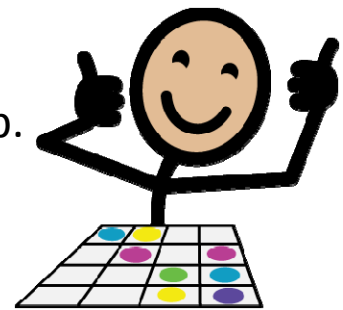
Print enough Okay Bingo cards for the group.

Cut and laminate for durability.

Use dry erase markers, bingo chips, milk jug caps or square pieces of construction paper for the covers.

Discuss each concept and ask players to find and match.

Play corners, play cover all, play according to the regular rules of Bingo, but everyone is a winner in this game!





OKAY BINGO – Card A

tutor 	take turns 	go on dates 	fist bump 	say, "NO!"
work together 	share 	join a club 	high five 	talk to people
be included 	help someone 	FREE 	feel safe 	"No thanks"
send email 	tell jokes 	"Excuse me!" 	praise 	ask for help
use social media 	play soccer 	laugh 	ask questions 	make choices














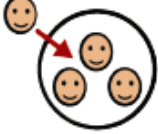






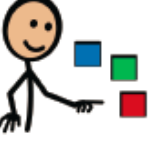





OKAY BINGO – Card B

go on dates 	fist bump 	make choices 	be included 	use social media
say, "NO!" 	"No thanks." 	tell jokes. 	feel safe 	send email
take turns 	talk to people 	FREE 	play soccer 	tutor
"Excuse me!" 	work together 	high five 	praise 	make choices
ask for help 	share 	join a club 	laugh 	ask questions



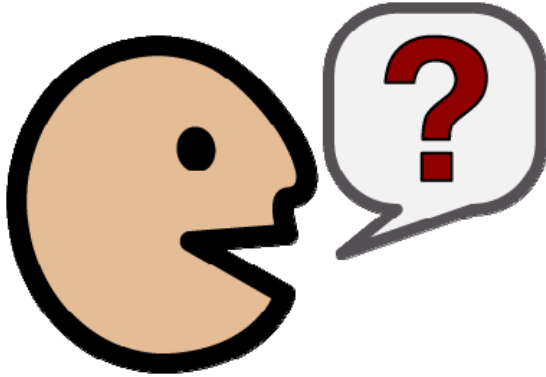
OKAY BINGO – Card C

ask questions 	"No thanks!" 	praise 	say, "No!" 	"Excuse me!" 
take turns 	use social media 	work together 	send email 	talk to people 
tutor 	high five 	FREE 	fist bump 	be included 
play soccer 	go on dates 	share 	laugh 	ask for help 
shake hands 	make choices 	feel safe 	join a club 	tell jokes 



OKAY BINGO – Calling Cards

ask questions

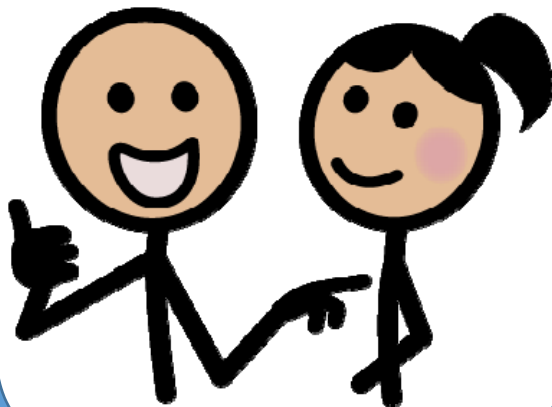


ask questions

It is okay to ask questions. We all ask questions to help us learn and gain information. No one should make fun of you or make you feel badly for asking questions.

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praise



praise

Praise is a compliment about you, your actions, or your work. Praise should feel good. If someone says something that makes you feel bad, it is not praise.

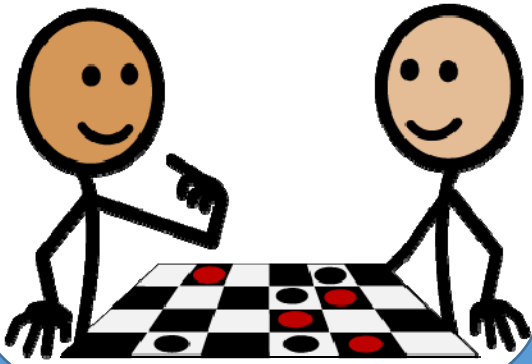
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Directions: Print, cut, fold, and laminate calling cards for durability. In the game, discuss each concept and ask players to find and match.



OKAY BINGO – Calling Cards

take turns



take turns

When you play games,
each player takes a turn.
Your turn, my turn!
Your turn, my turn!
If you don't get a turn, it is
okay to say, "It is my turn!"

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tell jokes



tell jokes

Jokes can be funny! It is
okay to laugh at jokes. If
someone is making fun of
you or another person,
that is teasing or bullying.
That is not a joke. Tell
someone you trust.

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OKAY BINGO – Calling Cards

join a club

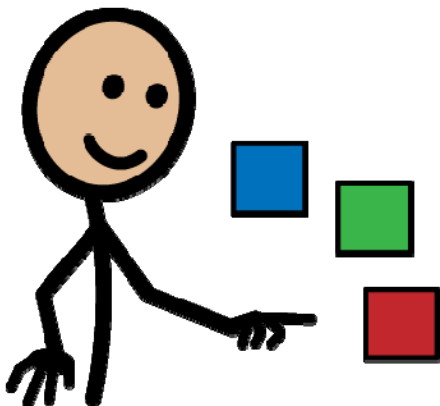


join a club

If you want to join a club, you can do that! No one should be able to keep you from joining if you want to do that. Need help? Tell someone you trust.

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make choices



make choices

You can make your own choices! You can choose what to do, what to eat, where to go, and who your friends are. If someone tries to make you do something, tell someone you trust.

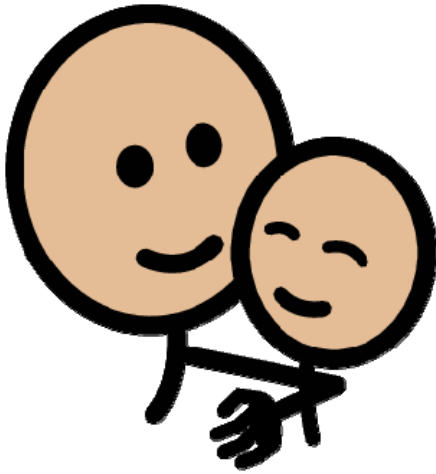
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OKAY BINGO – Calling Cards

feel safe

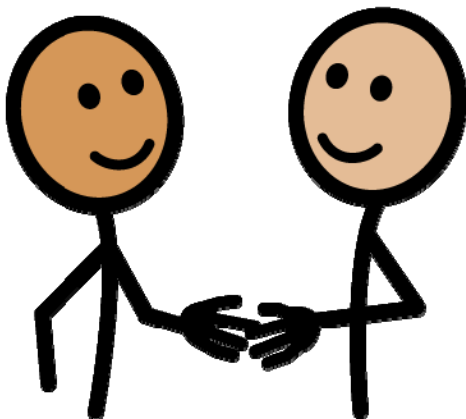


feel safe

You should feel safe in your home, in your school, and in the places you go! If you feel afraid of someone in these places, please tell someone you trust.

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shake hands



shake hands

Many people shake hands when they meet. Shaking or holding hands usually does not hurt. If someone shakes your hand too hard, tell them to go easy or tell someone you trust!

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OKAY BINGO – Calling Cards

ask for help

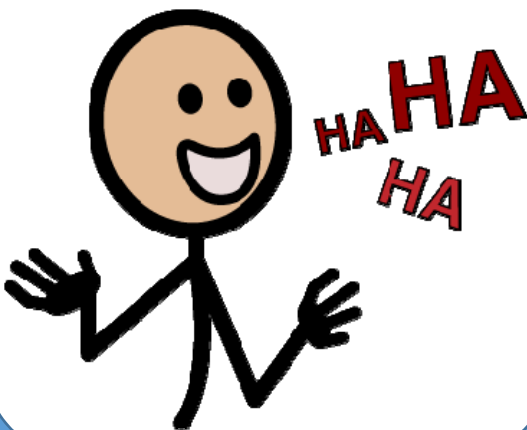


ask for help

It is okay to ask for help! Be sure to ask people you know and trust. These people help you and never make you feel sad when you ask for help.

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laugh



laugh

Laughing is fun! Laughing feels good! If you are laughing at jokes or funny programs, that is fine. If someone is making fun of you or of another person, that is teasing. It's okay not to laugh. It is okay to tell them it isn't funny. Tell someone you trust.

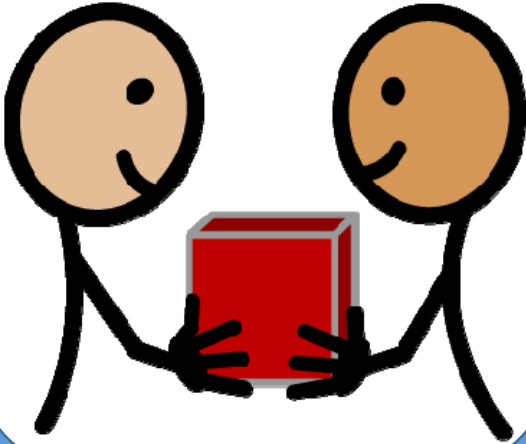
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OKAY BINGO – Calling Cards

share

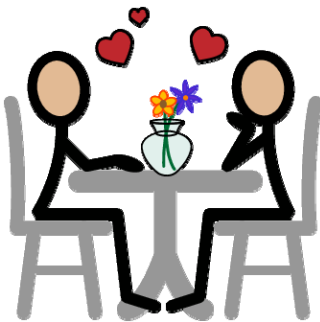


share

Sharing is fun! It feels great to share things with friends. Sharing is different than someone taking things from you. If a person takes things from you without your permission, tell someone you trust.

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go on dates



go on dates

When you are old enough, you can go on dates. It is okay to say yes to a date. It is okay to say no to a date. No one can make you go on a date.

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OKAY BINGO – Calling Cards

“No thanks!”

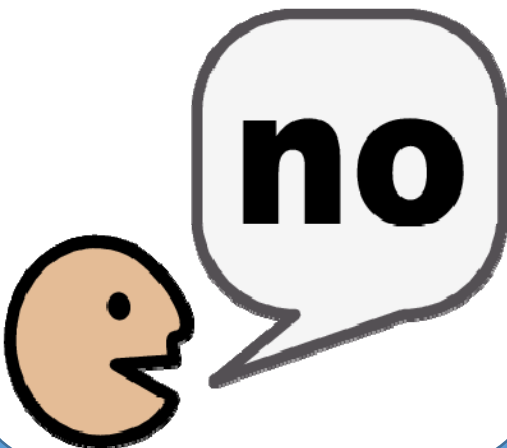


“No thanks!”

It is okay to say, “No thanks!” if you don’t want to do something. No one should make you do things that are hurtful or bad for you. That is bullying.

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“No!”



“No!”

It is okay to say, “No!” if you don’t want to do something. No one should make you do things that are hurtful or bad for you. That is bullying.

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OKAY BINGO – Calling Cards

send email



send email

You can send email and you can receive email. No one should send hurtful emails, photos, or videos. If something on the computer scares you, tell someone you trust.

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work together



work together

Working together can be fun! Both people cooperating to do chores can be fun. Many people work together each day.

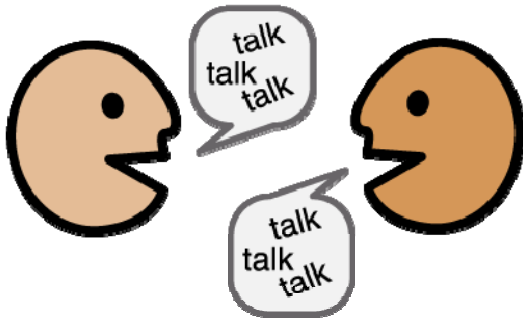
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OKAY BINGO – Calling Cards

talk to people



talk to people

It is great to meet new people and develop friendships. People should not use words that hurt. People should not call names. If talking to someone is scary or feels bad, tell someone you trust.

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tutor



tutor

You can be a tutor or you can get help with learning too! Teaching and learning are better together. No one should tease you about helping others or needing a little help with learning.

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Directions: Print, cut, fold, and laminate calling cards for durability. In the game, discuss each concept and ask players to find and match.



OKAY BINGO – Calling Cards

high five



high five

A lot of people high five, but it can hurt if someone is too strong. Ask the person to go a little easier! If that doesn't work, tell someone you trust. High fives should not hurt.

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fist bump



fist bump

A lot of people fist pump to say, "Hi!" or "Congratulations!" but it can hurt if someone is too strong. Ask the person to go a little easier! If that doesn't work, tell someone you trust. Fist bumps should not hurt.

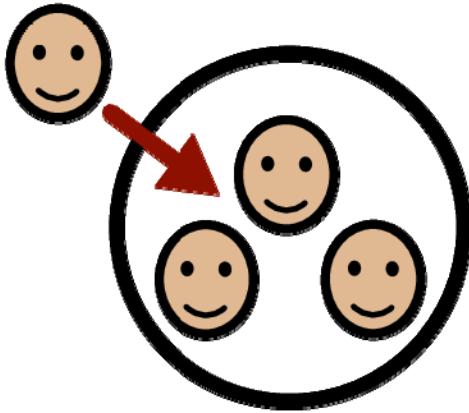
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OKAY BINGO – Calling Cards

be included



be included

You can be included in classes, games, activities and discussions. If you are being left out or ignored, that could be bullying. Tell someone you trust.

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play soccer



play soccer

Playing soccer and other games is great exercise and lots of fun. If you are being left out or ignored, that could be bullying. Tell someone you trust.

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OKAY BINGO – Calling Cards

use social media

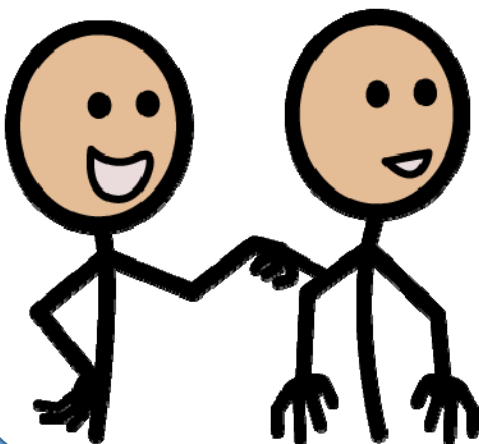


use social media

You can use social media of all kinds. Connecting with people you know with text, photos, and videos is fun. No one should send hurtful messages to you. That could be bullying. Tell or show someone you trust.

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“Excuse me!”



“Excuse me!”

Using manners is always good! Use please, thank you, you're welcome and excuse me. If someone is not using manners, it could be rudeness or it could be bullying. Tell someone you trust.

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