



Students play a game of bingo using words and concepts associated with “BEING PRESENT” instead of numbers.



One copy of the blank bingo board portion of the “Presence Bingo” Handout per student; One copy of the answer portion of the “Presence Bingo” Handout for the educator; Pencils or pens; Pennies, paper clips, or something else to mark squares on the bingo board.

Total Prep Time: 10 mins.



As this is the last Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org. Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management		High quality service
•	Collaboration	•	Social-awareness		Collaboration
•	Creativity	•	Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
					Reflection
					Evaluation

GOALS FOR THE WEEK

- Explore ways that we can live in the moment, not only with others, but also with ourselves
- Discover what it means to “BE PRESENT” and how our effort can help us fully engage in our relationships
- Learn techniques that help us focus on the now so that we can enjoy what’s happening with the people around us
- Understand how “BE PRESENT” is an important part of this month’s theme, “MONDAY GETS CONNECTED”



STUDENT ACTIVITY: **“PRESENCE BINGO”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “PRESENCE BINGO”

2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’S FOCUS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What does it mean to “BE PRESENT”?**
 - Answer: Focusing on what’s happening in the moment and showing that we care by asking questions, listening to understand, and putting away distractions
- **What are some things we can do that help us to “BE PRESENT”?**
- **Have you ever had a conversation with someone who felt fully “PRESENT” in that moment and engaged?**
- **How does it feel when you are talking to someone who is fully “PRESENT”?**
- **How can we tell if someone is “PRESENT” with us?**
 - Possible answers: Some actions that indicate that a person is “PRESENT” include making eye contact, putting their phones and other distractions away, and listening actively
- **How well do you think you pay attention when you are having a conversation with someone else?**
- **Is it hard to stay focused when you are “CONNECTING” with other people?**
- **What are some things you do to stay “PRESENT” with other people while talking with them or being with them?**
- **Do you think cell phones and technology have made it easier to “CONNECT” with other people or harder?**
- **Is it possible to “BE PRESENT” with others while you are using your phone?**
 - Why or why not?
- **Do you think it is possible to practice being “PRESENT”?**
- **Why do you think it is important to “BE PRESENT,” even when you’re just hanging out with friends?**
- **How can “BEING PRESENT” help you “CONNECT” with other people?**
- **How does “BEING PRESENT” and actively listening in a conversation relate to reminding others that they MATTER?**

3) SET UP THE “PRESENCE BINGO” ACTIVITY:

- **Explain:**
 - “BEING PRESENT” with others is a powerful thing
 - When you’re “PRESENT” with others, you show them that you care about them and ultimately that they MATTER to you
 - But sometimes it’s hard to “BE PRESENT” because there are a lot of distractions around us
 - The good news is that we can practice “BEING PRESENT” and grow in our ability to “BE” there for and with others
 - One way we can practice this is through practice active listening skills
- **Ask:**
 - What are some techniques you’ve used or have heard of to practice active listening?
 - Why is active listening a big part of “BEING PRESENT”?
 - Why do you think relationships benefit if both parties are fully “PRESENT”?
 - Have you ever played “BINGO” before?
- **Explain:**
 - Today we are going to have fun talking more about what it means to “BE PRESENT” by playing a game as a class
 - “BINGO” is a fun game that can be played as group

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- Today we are going to play a unique style of “BINGO” using boards we fill out using words and concepts that have to do with this week’s theme, “BE PRESENT”
 - If you’ve never played before, don’t worry, the rules are simple
 - Remember to try and be fully in this moment; laugh, have fun with the people around you in the here and now!

4) START THE “PRESENCE BINGO” ACTIVITY:

- **Give each student a copy of the blank “Presence Bingo” board Handout plus pencils or pens**
- **Ask students to begin by randomly writing the each of the concepts at the bottom of the Handout into the squares on their “BINGO” board**
- Make sure students are doing this randomly so that they each have different boards to play on
- **Pass out pennies, paper clips, or something similar for students to use to mark when a concept is called out**
- **Explain:**
 - Now that you each have a unique “BINGO” board and your playing pieces, we’ll begin our game
 - I will randomly call out one concept at a time that relates to “BEING PRESENT”
 - When a concept is called, place your playing piece on the square that includes the concept
 - Just like in traditional “BINGO,” when you connect four of the squares in a row—either across, diagonally, or vertically—call out “BINGO”!
 - But unlike regular “BINGO,” the game isn’t over when someone calls out “BINGO”
 - The person who calls it out will explain the winning words and concepts and how they relate to this week’s theme of “BEING PRESENT”
 - If they successfully describe the concepts, they win the round
- **If helpful, quickly go over the concepts included in the “BINGO” game related to “BEING PRESENT” before beginning the game so students feel confident as they play**
- Feel free to use the answers portion of the “Presence Bingo” Handout to help guide this conversation
- **Once everyone understands the rules, you may begin playing “PRESENCE BINGO”**
- **Make sure students, when they call “BINGO,” explain the concepts that won them the game**
- **Encourage students to put away phones and distractions as they play so that they can practice “BEING PRESENT” with one another**
- **Allow up to 10 minutes to play as many rounds of “PRESENCE BINGO” as possible**

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Did you enjoy playing “PRESENCE BINGO”?**
- **Did you learn anything new about “BEING PRESENT,” whether through the concepts or just by living in the moment while you played?**
- **Did you enjoy building “CONNECTIONS” with people through a fun game?**
- **Is it always easy to “BE PRESENT”?**
- **What can you do to “BE PRESENT” even if it’s hard to do?**
- **How can “BEING PRESENT” help us cultivate meaningful relationships?**
- **Are there other ways we can practice “BEING PRESENT” that we haven’t talked about?**
- **What do you understand now about how “BEING PRESENT” is important to make real and long-lasting “CONNECTIONS” with other people?**
- **When we actively listen and are fully “PRESENT,” how do we show others that they MATTER?**

- 6) **CONGRATULATE STUDENTS FOR PLAYING “PRESENT BINGO” AND LEARNING MORE ABOUT CONCEPTS AND TECHNIQUES ASSOCIATED WITH “BEING PRESENT.” CHALLENGE STUDENTS TO USE THESE TECHNIQUES AND CONCEPTS IN THEIR DAILY LIVES IN ORDER TO “BE PRESENT” MORE OFTEN.**
- 7) **ENCOURAGE STUDENTS TO PRACTICE “BEING PRESENT” IN THEIR RELATIONSHIPS WITH THE IMPORTANT PEOPLE IN THEIR LIVES SO THEY CAN LEARN MORE ABOUT THEIR NEEDS AND HOW THEY CAN SUPPORT THEM. REMIND STUDENTS TO ALWAYS TRY AND “BE PRESENT” IN ANY CONVERSATION OR TIME WITH OTHERS.**
- 8) **CONTINUE TO EXPLORE HOW TO “BE PRESENT” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION ACTIVITIES.**



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Bingo Expansion Pack:** Work with students to come up with additional “BE PRESENT” concepts to make the game a traditionally-sized 5x5 “BINGO” board that includes a free space in the middle. Have them play again and instead of sharing out concepts about “BEING PRESENT,” have them act the concepts out, sing about them, or role play them together.
- 2) **Creating Definitions:** Have students work together to come up with their own definitions for the “BE PRESENT” concepts presented in the game and put together a working dictionary of how students can “BE PRESENT” in their daily lives.
- 3) **Playing at Home:** Have students take copies of the blank “PRESENCE BINGO” board home so they can play with their families and friends. Encourage them to discuss how they can “BE PRESENT” together with their families and friends, showing the people in their lives how much they MATTER to them.

“ LIVING IN THE MOMENT MEANS LETTING GO OF THE PAST AND NOT WAITING FOR THE FUTURE. IT MEANS LIVING YOUR LIFE CONSCIOUSLY, AWARE THAT EACH MOMENT YOU BREATHE IS A GIFT. ”

- OPRAH WINFREY



PRESENCE BINGO

"BE PRESENT" CONCEPTS & TECHNIQUES:

Eye Contact
Repeating Things Back
Active Listening
Being Present
Living in the Moment
Senses

Meditation
Mindfulness
Distractions
Connected
One-On-One

Showing That You Care
Being Involved
Be of Service
Laugh
Presence



PRESENCE BINGO Answer Sheet

Eye Contact: Eye contact is where you look into another person's eyes. Eye contact is essential in showing the other person that we are engaged and "PRESENT" in an in-person or one-on-one conversation

Repeating Things Back: This is an active listening skill that can affirm another person and show them that we are "PRESENT" by repeating things they said back to them

Active Listening: Active listening is when we are living in the moment and connecting with someone face-to-face, showing them that we are listening through eye contact, repeating things back to them, giving feedback, and avoiding distractions

Being Present: This week's theme, "BEING PRESENT" can mean many things, including being in the moment with ourselves or with others. Being "PRESENT" is necessary for relationships to flourish

Living In the Moment: Living in the moment is a classic phrase that is similar to "BEING PRESENT." Living in the moment is when we are focused on what's happening around us, paying attention to our senses and the environment around us, and putting away our phones and other distractions

Senses: Paying attention to our five senses help us engage with the world around us and "CONNECT" with others by "BEING PRESENT." The five senses are hear, sight, smell, touch, and taste

Meditation: A technique that helps us relax and "CONNECT" with ourselves by paying attention to our breath and thoughts

Mindfulness: Mindfulness occurs when we are living in the "PRESENT" moment. Mindfulness can also help us observe and recognize our emotions, thoughts, and surroundings, giving us an opportunity to choose how we act before we do it

Distractions: Things that prevent us from being "PRESENT." Our phones are the most common distraction we face when trying to "BE PRESENT" but there are many other things that can distract us

Connected: This month's theme. Being "CONNECTED" means that we engage with the people around us, as well as with the greater community

Presence: When we are "PRESENT," we are focusing on what's happening now, showing that we care, asking questions, having put down distractions to be in the moment

One-on-One: This is when we are with someone else, often in conversation with them. "BEING PRESENT" when we are one-on-one with someone shows that we care and that others MATTER to us

Showing That You Care: There are so many ways we can show that we care, but when we are "PRESENT" in relationships, we can really understand what another person's needs are, and we can show them we care by "BEING PRESENT" and listening

Being Involved: When we are "PRESENT" we are able to be involved with our community and with other people

Be of Service: When we are "PRESENT" with others and "CONNECTING" with them, we learn how we can be of service to them, helping them out in the community, classroom, or at home

Laugh: Positive emotional reactions to things can only happen if you are "PRESENT" and living in the moment