R U OK?™

I'm **here** to **hear**

CONVERSATION BINGO

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Tick off your completed conversation starters on your Conversation Bingo. Write down the name of who you asked.

Tell us when you've filled in 4 boxes across or down by saying, "Conversation Bingo."

RAIL R U OK? | TrackSAFE Foundation

Find more resources at tracksafefoundation.com.au/event/rail-r-u-ok

Tell me about the weather today. Name:	Where is your favourite place in the world? Name:	If you could have any superpower what would it be? Name:	What makes you laugh out loud? Name:
How are you going today? Name:	How do you stay connected to others? Name:	What was the last movie or show you watched? Name:	What was your favourite thing to do when you were a child? Name:
What do you do to look after your mental health? Name:	What qualities do you think make someone a good friend? Name:	What's your favourite conversation starter? Name:	What's your favourite thing to eat? Name:
What's the most interesting thing you've read lately? Name:	What is the most memorable gift you've ever received? Name:	What made you smile today? Name:	Who is someone you can talk to about anything? Name:

This is a great activity to get the conversation flowing during your Rail R U OK? event or activity. All you need to do is print and cut out the bingo cards.

HOW TO PLAY

You can play this game with up to 30 people. If your group is larger than that, consider dividing participants into smaller teams of equal size.

When you're ready to play, give each participant a 'Conversation Bingo' card and pen. Explain that the group has 30 minutes to mingle, introduce themselves, and use the conversation starters on the card to have conversations with others. They must put the name of who they asked in the corresponding conversation starter box.

The first person to fill in four boxes across or down yells "Conversation Bingo!" and the game is over.

You may like to get participants to share how they feel after getting to know one another better. You can emphasise that when we get to know each other we build trust and have meaningful conversations that help others open up about life's ups and downs, big and small. Also remind everyone that it's important they keep the conversations going and make asking 'are you OK' a part of their everyday.

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