

Hey Sport,  
**RUOK?**

## CONVERSATION BINGO

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."

**RUOK?**

A conversation could change a life.

What other sports are you involved with?

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 makes a good teammate?

Name:

If you could be the best at any sport, what would it be?

Name:

What's your favourite thing to eat?

Name:

What's the most interesting thing you've read lately?

Name:

Who is your sporting hero?

Name:

What made you smile today?

Name:

Who is someone you can talk to about anything?

Name:

## ACTIVITY SHEET

An easy and fun activity to bring your team together and learn more about each other. Anyone can get involved - participants, officials, coaches and volunteers! A great activity for the start of a season, as part of a training session or to promote team bonding and engagement.

### HOW TO PLAY

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

- 1 Give each participant a 'Conversation Bingo' card and pen
- 2 Allocate 30 mins for the participants to mingle, introduce themselves, and use the conversation starters on the card to have conversations with others
- 3 Write the name of who they asked in the corresponding conversation starter box
- 4 The first person to fill in four boxes across or down yells "Conversation Bingo!" and the game is over

You can be creative and make conversation starters of your own to suit the group that you are playing with. You might even like to add a theme to the conversation starters or mix it up to make it part of your ongoing training sessions or team get togethers!

You may also like to ask 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. Remind everyone that it's important they keep the conversation going and make asking 'are you OK?' a part of their everyday.