



# Anger Management Bingo Instructions

## Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

## Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

## Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

## This is an alphabetical list of all 30 events:

Anger Management, Anxiety, Assessments, Communications, Coping Skills, Counselors, Depression, Doctors, Exercise, Follow Ups, Goals, Guided Imagery, Medication, Mood, Music, Noncompliance, Nurses, Patients, Post Traumatic Stress Syndrome, Prevention, Self Confidence, Self Esteem, Social Workers, Stress, Substance Abuse, Successful, Therapists, Thinking, Treatment, Worries.



# Anger Management Bingo Call Sheet

This is a randomized list of all 30 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Successful	Anxiety	Social Workers	Medication	Worries
Goals	Therapists	Nurses	Post Traumatic Stress Syndrome	Counselors
Music	Stress	Noncompliance	Self Confidence	Thinking
Follow Ups	Self Esteem	Patients	Exercise	Anger Management
Assessments	Mood	Substance Abuse	Treatment	Depression
Prevention	Doctors	Guided Imagery	Communications	Coping Skills

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Medication	Patients	Nurses	Coping Skills	Depression
Counselors	Goals	Music	Stress	Treatment
Self Confidence	Substance Abuse	FREE SPACE!	Self Esteem	Social Workers
Successful	Thinking	Prevention	Therapists	Mood
Guided Imagery	Worries	Follow Ups	Doctors	Anger Management

This bingo card was created randomly from a total of 30 events.

Anger Management, Anxiety, Assessments, Communications, Coping Skills, Counselors, Depression, Doctors, Exercise, Follow Ups, Goals, Guided Imagery, Medication, Mood, Music, Noncompliance, Nurses, Patients, Post Traumatic Stress Syndrome, Prevention, Self Confidence, Self Esteem, Social Workers, Stress, Substance Abuse, Successful, Therapists, Thinking, Treatment, Worries.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Successful	Prevention	Stress	Coping Skills	Worries
Therapists	Social Workers	Anger Management	Medication	Doctors
Follow Ups	Thinking	FREE SPACE!	Communications	Patients
Goals	Nurses	Music	Exercise	Post Traumatic Stress Syndrome
Self Confidence	Guided Imagery	Anxiety	Mood	Treatment

This bingo card was created randomly from a total of 30 events.  
 Anger Management, Anxiety, Assessments, Communications, Coping Skills, Counselors, Depression, Doctors, Exercise, Follow Ups, Goals, Guided Imagery, Medication, Mood, Music, Noncompliance, Nurses, Patients, Post Traumatic Stress Syndrome, Prevention, Self Confidence, Self Esteem, Social Workers, Stress, Substance Abuse, Successful, Therapists, Thinking, Treatment, Worries.