



# relapse prevention

## 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 24 events:

Arts and Crafts, Cooking, Count to 10, Dance, Deep breathing, Drawing, Exerise, Go outside, Help a friend, Listen to music, Painting, Play cards, Read, Sewing, Take a time out, Take a walk, Talk to a friend, Talk to staff, Think about happy memories, Think about loved ones, Visit your family, Watch TV, Watch a movie, Write in a journal.



# relapse prevention Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Watch TV	Sewing	Count to 10	Dance	Think about loved ones
Talk to staff	Visit your family	Arts and Crafts	Listen to music	Cooking
Take a walk	Read	Talk to a friend	Go outside	Take a time out
Think about happy memories	Drawing	Write in a journal	Watch a movie	Help a friend
Exercise	Deep breathing	Play cards	Painting	

# STRESSORS

Exerise	Play cards	Deep breathing	Watch a movie	Think about happy memories
Write in a journal	Visit your family	Talk to staff	Painting	Count to 10
Take a walk	Go outside	FREE	Sewing	Cooking
Drawing	Listen to music	Think about loved ones	Read	Arts and Crafts
Help a friend	Talk to a friend	Dance	Watch TV	Take a time out

This bingo card was created randomly from a total of 24 events.

Arts and Crafts, Cooking, Count to 10, Dance, Deep breathing, Drawing, Exerise, Go outside, Help a friend, Listen to music, Painting, Play cards, Read, Sewing, Take a time out, Take a walk, Talk to a friend, Talk to staff, Think about happy memories, Think about loved ones, Visit your family, Watch TV, Watch a movie, Write in a journal.

# STRESSORS

Play cards	Excerise	Think about loved ones	Visit your family	Take a walk
Watch a movie	Count to 10	Sewing	Arts and Crafts	Cooking
Go outside	Listen to music	FREE	Watch TV	Drawing
Take a time out	Help a friend	Read	Write in a journal	Deep breathing
Talk to staff	Dance	Talk to a friend	Painting	Think about happy memories

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