



Coping Skills 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 55 events:

Bake, Board Games, Call a Friend, Card Game, Cook a Meal, Count Backwards from 500, Dance, Deep Breathing, Do a Puzzle, Do a WordFind/crossword, Draw, Exercise, Forgive, Garden, Give a Compliment, Go fishing, Go to the PARK, Gratitude List, Help the Elderly, Humor, Journal, Listen to Music, Listen to a Fun song, Make Jewelry, Meditate, Organize, Paint, Paint your Nails, Pet your animal, Play a Sport, Play an instrument, Play with a Hacky Sack, Punch a pillow, Read a Good Book, Rip paper into peices, Savor Hot Tea/Coffee or chocolate, Sing, Sit Outside, Sit in the Sun, Spirituality, Squeeze a Stress Ball, Stretch, Swim, Take a Drive, Take a Walk, Take a hot shower or relaxing Bath, Think Positively, Throw a Foam Ball, Visit an Animal Shelter, Volunteer, Watch a Comedy, Watch something in Nature, Weight Lift, Write a letter, Yoga.



Coping Skills Bingo Call Sheet

This is a randomized list of all 55 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Read a Good Book	Stretch	Garden	Help the Elderly	Take a Drive
Sing	Dance	Take a Walk	Paint your Nails	Give a Compliment
Volunteer	Call a Friend	Savor Hot Tea/Coffee or chocolate	Deep Breathing	Pet your animal
Cook a Meal	Take a hot shower or relaxing Bath	Punch a pillow	Sit in the Sun	Yoga
Card Game	Throw a Foam Ball	Exercise	Play an instrument	Write a letter
Watch something in Nature	Spirituality	Rip paper into peices	Sit Outside	Do a WordFind/crossword



Coping Skills Bingo Call Sheet

This continues the randomized list of all 55 bingo events. The bingo squares are aligned on each page to allow for easier cutting.



Meditate	Draw	Paint	Forgive	Go to the PARK
Do a Puzzle	Listen to Music	Visit an Animal Shelter	Journal	Humor
Make Jewelry	Listen to a Fun song	Watch a Comedy	Play with a Hacky Sack	Play a Sport
Go fishing	Bake	Swim	Squeeze a Stress Ball	Gratitude List
Board Games	Count Backwards from 500	Think Positively	Organize	Weight Lift

C	O	P	E	!
Gratitude List	Deep Breathing	Play with a Hacky Sack	Give a Compliment	Think Positively
Draw	Organize	Take a Walk	Play an instrument	Garden
Make Jewelry	Yoga	FREE	Cook a Meal	Listen to a Fun song
Go fishing	Stretch	Write a letter	Dance	Read a Good Book
Board Games	Throw a Foam Ball	Count Backwards from 500	Do a Puzzle	Play a Sport

This bingo card was created randomly from a total of 55 events.

Bake, Board Games, Call a Friend, Card Game, Cook a Meal, Count Backwards from 500, Dance, Deep Breathing, Do a Puzzle, Do a WordFind/crossword, Draw, Exercise, Forgive, Garden, Give a Compliment, Go fishing, Go to the PARK, Gratitude List, Help the Elderly, Humor, Journal, Listen to Music, Listen to a Fun song, Make Jewelry, Meditate, Organize, Paint, Paint your Nails, Pet your animal, Play a Sport, Play an instrument, Play with a Hacky Sack, Punch a pillow, Read a Good Book, Rip paper into peices, Savor Hot Tea/Coffee or chocolate, Sing, Sit Outside, Sit in the Sun, Spirituality, Squeeze a Stress Ball, Stretch, Swim, Take a Drive, Take a Walk, Take a hot shower or relaxing Bath, Think Positively, Throw a Foam Ball, Visit an Animal Shelter, Volunteer, Watch a Comedy, Watch something in Nature, Weight Lift, Write a letter, Yoga.

C	O	P	E	!
Go to the PARK	Deep Breathing	Journal	Exercise	Paint your Nails
Punch a pillow	Spirituality	Listen to a Fun song	Write a letter	Sit in the Sun
Do a WordFind/crossword	Call a Friend	FREE	Savor Hot Tea/Coffee or chocolate	Humor
Play an instrument	Cook a Meal	Think Positively	Go fishing	Play a Sport
Visit an Animal Shelter	Pet your animal	Paint	Organize	Stretch

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