



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 any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "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:



Swim	Volunteer	Help the Elderly	Gratitude List	Spirituality
Think Positively	Paint	Take a Drive	Go fishing	Stretch
Take a hot shower or relaxing Bath	Paint your Nails	Do a Puzzle	Dance	Punch a pillow
Yoga	Write a letter	Cook a Meal	Watch something in Nature	Take a Walk
Listen to Music	Organize	Squeeze a Stress Ball	Give a Compliment	Exercise
Make Jewelry	Bake	Weight Lift	Listen to a Fun song	Throw a Foam Ball



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.



Board Games	Go to the PARK	Rip paper into peices	Call a Friend	Play with a Hacky Sack
Do a WordFind/crossword	Pet your animal	Garden	Play a Sport	Play an instrument
Sing	Watch a Comedy	Savor Hot Tea/Coffee or chocolate	Read a Good Book	Sit Outside
Sit in the Sun	Visit an Animal Shelter	Count Backwards from 500	Meditate	Forgive
Card Game	Deep Breathing	Draw	Humor	Journal

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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