



mindfulness 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:

Amygdala, Antidepressant, Anxiety, Authenticity, Bipolar I Disorder, DSM 5, Decreased Motivation, Dysthymia, Fight or Flight, Increased Irritability, Irrational Thinking, Mindfulness, Mood Stabilizer, OCD, Panic Disorder, Peace, Phobias, Physical Activity, Positive Psychology, Repetitive Thoughts, Social Anxiety, Treatment, What we think we become, Wise Self.



mindfulness 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:



OCD	Mindfulness	Authenticity	Fight or Flight	Anxiety
Bipolar I Disorder	Peace	What we think we become	Increased Irritability	Mood Stabilizer
Phobias	Panic Disorder	Antidepressant	Decreased Motivation	Repetitive Thoughts
DSM 5	Wise Self	Positive Psychology	Amygdala	Treatment
Irrational Thinking	Dysthymia	Social Anxiety	Physical Activity	

B	I	N	G	O
Decreased Motivation	Mindfulness	Bipolar I Disorder	What we think we become	Positive Psychology
Wise Self	Social Anxiety	Physical Activity	Irrational Thinking	Anxiety
Peace	Dysthymia	FREE	OCD	Antidepressant
DSM 5	Increased Irritability	Repetitive Thoughts	Mood Stabilizer	Amygdala
Fight or Flight	Phobias	Authenticity	Treatment	Panic Disorder

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

Amygdala, Antidepressant, Anxiety, Authenticity, Bipolar I Disorder, DSM 5, Decreased Motivation, Dysthymia, Fight or Flight, Increased Irritability, Irrational Thinking, Mindfulness, Mood Stabilizer, OCD, Panic Disorder, Peace, Phobias, Physical Activity, Positive Psychology, Repetitive Thoughts, Social Anxiety, Treatment, What we think we become, Wise Self.

B	I	N	G	O
Mindfulness	Decreased Motivation	Repetitive Thoughts	Social Anxiety	Peace
What we think we become	Anxiety	OCD	Amygdala	Antidepressant
Dysthymia	Increased Irritability	FREE	Treatment	DSM 5
Panic Disorder	Fight or Flight	Mood Stabilizer	Wise Self	Bipolar I Disorder
Physical Activity	Authenticity	Phobias	Irrational Thinking	Positive Psychology

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