



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 27 events:

Arts and Crafts, Call a loved one, Count to 10, Dance, Deep breathing, Drawing, Go outside, Help a friend, Leisure activities, Listen to music, Painting, Play cards, Play with thinking putty, Read, Take a time out, Take a walk (mindfully), Talk to a friend, Talk to staff, Talk with a peer, Think about loved ones, Watch TV, Watch a movie, Work on a puzzle, paint your nails, play a game, play with pets, start a new hobby.



Coping Skills Bingo Call Sheet

This is a randomized list of all 27 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Take a walk (mindfully)	Play cards	Leisure activities	play a game	Talk to staff
start a new hobby	Arts and Crafts	Listen to music	Help a friend	Count to 10
Watch TV	Read	Play with thinking putty	Drawing	Deep breathing
Dance	Talk with a peer	Think about loved ones	Call a loved one	Painting
Watch a movie	Take a time out	paint your nails	play with pets	Work on a puzzle
Talk to a friend	Go outside			

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Go outside	paint your nails	Help a friend	Work on a puzzle	Listen to music
Count to 10	Read	Leisure activities	Talk with a peer	Deep breathing
Watch TV	Dance	FREE	start a new hobby	Call a loved one
Take a time out	Play cards	Play with thinking putty	Talk to a friend	Talk to staff
play with pets	Watch a movie	Arts and Crafts	Painting	Drawing

This bingo card was created randomly from a total of 27 events.

Arts and Crafts, Call a loved one, Count to 10, Dance, Deep breathing, Drawing, Go outside, Help a friend, Leisure activities, Listen to music, Painting, Play cards, Play with thinking putty, Read, Take a time out, Take a walk (mindfully), Talk to a friend, Talk to staff, Talk with a peer, Think about loved ones, Watch TV, Watch a movie, Work on a puzzle, paint your nails, play a game, play with pets, start a new hobby.

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Watch a movie	Watch TV	play with pets	Listen to music	paint your nails
play a game	Painting	Help a friend	Talk to staff	Arts and Crafts
Talk to a friend	Count to 10	FREE	start a new hobby	Read
Dance	Work on a puzzle	Talk with a peer	Play cards	Call a loved one
Take a walk (mindfully)	Drawing	Play with thinking putty	Go outside	Leisure activities

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