



# self advocacy BINGO

## 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:

Action Plans, Attend Self Help Groups, Coaching time, Education, Emotional, Exercise, Free Space, Get Enough Sleep, Go To Doctor For Check-ups, Goals, Healthy Diet, Peer Support, Physical, Program manager, Recovery, Responsibility, Self-Advocacy, Self-Awareness, Support System, Take Medication, Talking to Counselors/SSERPS, Wellness Plan, Yoga, boundaries.



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## 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:



boundaries	Talking to Counselors/SSERPS	Wellness Plan	Free Space	Go To Doctor For Check-ups
Responsibility	Support System	Exercise	Attend Self Help Groups	Self-Advocacy
Goals	Peer Support	Get Enough Sleep	Self-Awareness	Coaching time
Healthy Diet	Education	Recovery	Take Medication	Physical
Yoga	Emotional	Action Plans	Program manager	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Free Space	Peer Support	Emotional	Yoga	Support System
boundaries	Talking to Counselors/SSERPS	Self-Awareness	Healthy Diet	Coaching time
Responsibility	Get Enough Sleep	FREE	Program manager	Attend Self Help Groups
Exercise	Goals	Take Medication	Physical	Action Plans
Go To Doctor For Check-ups	Self-Advocacy	Education	Wellness Plan	Recovery

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

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Peer Support	Free Space	Take Medication	Talking to Counselors/SSERPS	Responsibility
Yoga	Coaching time	Program manager	Action Plans	Attend Self Help Groups
Get Enough Sleep	Goals	FREE	Wellness Plan	Exercise
Recovery	Go To Doctor For Check-ups	Physical	boundaries	Emotional
Self-Awareness	Education	Self-Advocacy	Healthy Diet	Support System

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