



# 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 26 events:

Arts and Crafts, Cooking, Count to 10, Dance, Deep Breathing, Drawing, Exercise, Go outside, Go to a park, Help a friend, Listen to an audiobook, Listen to music, Painting, Play cards, Read, Sewing, Take a time out, Take a walk, Talk to a friend, Talk to staff, Think about happy memories, Think about loved ones, Visit your family, Watch a movie, Watch tv, Write a journal.



# BINGO

## Bingo Call Sheet

This is a randomized list of all 26 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Deep Breathing	Take a walk	Go outside	Sewing	Talk to staff
Exercise	Write a journal	Dance	Think about loved ones	Talk to a friend
Watch a movie	Cooking	Take a time out	Arts and Crafts	Think about happy memories
Play cards	Painting	Listen to music	Drawing	Count to 10
Red	Watch tv	Listen to an audiobook	Visit your family	Go to a park
Help a friend				

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Talk to a friend	Think about loved ones	Exercise	Deep Breathing	Listen to music
Visit your family	Think about happy memories	Go outside	Count to 10	Watch tv
Help a friend	Cooking	Sewing	Write a journal	Red
Watch a movie	Drawing	Painting	Take a walk	Play cards
Listen to an audiobook	Go to a park	Talk to staff	Arts and Crafts	Take a time out

This bingo card was created randomly from a total of 26 events.

Arts and Crafts, Cooking, Count to 10, Dance, Deep Breathing, Drawing, Exercise, Go outside, Go to a park, Help a friend, Listen to an audiobook, Listen to music, Painting, Play cards, Red, Sewing, Take a time out, Take a walk, Talk to a friend, Talk to staff, Think about happy memories, Think about loved ones, Visit your family, Watch a movie, Watch tv, Write a journal.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Deep Breathing	Help a friend	Cooking	Watch tv	Take a walk
Sewing	Think about loved ones	Go outside	Take a time out	Red
Listen to music	Exercise	Watch a movie	Dance	Talk to a friend
Count to 10	Talk to staff	Play cards	Visit your family	Arts and Crafts
Drawing	Listen to an audiobook	Painting	Think about happy memories	Go to a park

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