



# 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 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:

arts and crafts, ask for advice, cooking, count to 10, dance, deep breathing, drawing, exercise, go outside, listen to music, play games/videogames, play with pet, read, take a time out, take a walk, talk to a friend, talk to staff, think about happy memories, think about loved ones, think of things you are grateful for, visit your family, watch TV, watch a movie, write in a journal.



# Coping Skills 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:



dance	deep breathing	arts and crafts	think of things you are grateful for	write in a journal
read	play games/videogames	take a time out	think about happy memories	watch a movie
ask for advice	go outside	listen to music	cooking	take a walk
visit your family	exercise	count to 10	watch TV	talk to staff
think about loved ones	drawing	talk to a friend	play with pet	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
drawing	play with pet	dance	watch a movie	think about loved ones
write in a journal	visit your family	think about happy memories	play games/videogames	cooking
talk to a friend	exercise	FREE	take a time out	ask for advice
deep breathing	listen to music	think of things you are grateful for	read	arts and crafts
go outside	talk to staff	count to 10	watch TV	take a walk

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

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<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
play with pet	drawing	think of things you are grateful for	visit your family	talk to a friend
watch a movie	cooking	take a time out	arts and crafts	ask for advice
exercise	listen to music	FREE	watch TV	deep breathing
take a walk	go outside	read	write in a journal	dance
think about happy memories	count to 10	talk to staff	play games/videogames	think about loved ones

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