

# Civil Service Active Wellbeing Week July 2-6 2018

## Bingo Instructions

### 1. Prepare your card

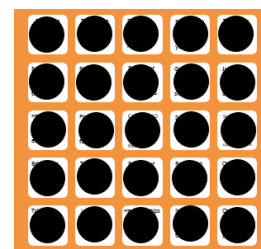
Print your chosen bingo card and share them around. Each person must complete the exercises and mark them off as they go. The first to complete the predetermined pattern is the winner!

### 2. Patterns

It's up to you and your colleagues to decide which pattern you'd like to follow but here are some classic examples to get you started.

#### Bingo Blackout

The most common way to play bingo – all tasks must be blocked out in order for Bingo to be completed!



#### Lines Bingo

For this style each person will need to create a line across their bingo chart – a horizontal, vertical or diagonal line are all acceptable!



#### T's Bingo

The aim of this one is to fill the card in the shape of a capital T, either right side up, upside down or sideways!



### 3. Get Creative!

Bingo cards can be completed in almost any formation or pattern so discuss this with your colleagues, decide on a pattern and get moving!