

Safe for Elders, Safe for All!

Calendars, brochures, posters, games, and exercise videos—everything your community needs to educate themselves about fall prevention. A variety of fall prevention resources available online from www.safeforelders.com

HOW TO PLAY FALL PREVENTION BINGO

Objectives:

- 1. To raise awareness about the different types of risk factors for falls.
- 2. To learn what people can do to reduce their risk of being injured from a fall.

Setting Up:

- 1. You will need the following materials to play BINGO:
 - Instruction Sheet
 - Fall Prevention Facts Handout
 - Printable 8.5 x 11" bingo cards (50 different cards to choose from)
 - Printable 8.5 x 11" sheets of calling squares (you will need to cut these apart)

Download these materials from the website: http://www.safeforelders.com

You will also need:

- Prizes
- BINGO Stampers or Pens
- A box or bag (not see through!) to put the calling squares in

Print enough cards to give one (or more) to each player. Make sure you print different cards so that there are only one or two winners at a time, or if you want more winners, make sure you have enough prizes!

The caller should familiarize themselves with the rules of the game.

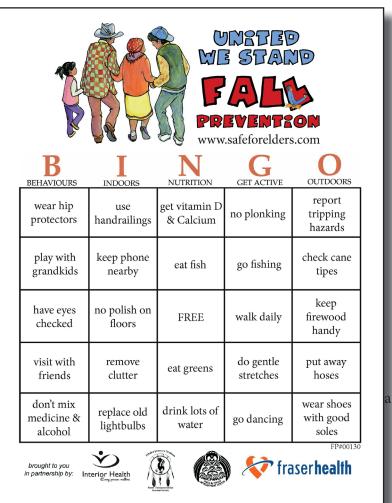
Visit www.safeforelders.com for more Fall Prevention information, additional resources and Bingo game materials downloads!

Playing the Game:

- 1. Give one (or two) BINGO card to each player. Ensure they also have a pen/marker/bingo stamper to mark the cards.
- 2. Speak briefly about fall prevention. Explain that each of the 5 BINGO columns corresponds with a type of risk and a way to avoid the risk.
 - B = Behaviour
 - I = Indoors
 - N = Nutrition
 - G = Get Active
 - \bullet O = Outdoors
- 3. Fall Prevention BINGO is similar to playing traditional BINGO. Players will use a stamper, or make an 'x' with their pen on each square that is read out by the caller.

MAKE SURE that if you are going to play several games and are using a distinctive shape (U, T, E, etc.), that everyone marks off EVERY square they have, not just the ones that fit into the winning shape.

- 4. Draw squares from the call bag/box one at a time, until the first player to show five consecutive squares marked in row (either horizontally, vertically or diagonally) calls BINGO!
- 5. That player will be declared the winner and a prize will be awarded.



- 6. Using the same card, a second game is won when someone has 3 complete lines (either horizontally, vertically or diagonally).
- 7. If you have more time, you can have a BLACKOUT game in which a player must completely fill their card before they call out BINGO!
- 8. Play as many games as time permits. Ensure you have enough prizes! The game is designed to teach people about fall prevention in an interactive and fun way.

Fall Prevention Bingo is FREE to download and play! The only costs are whatever prizes you want to give out, and printing the pages.