



A GUIDEBOOK TO HOSTING ONLINE BINGO

Part of the USO Toolkit Event Series

In response to the ongoing COVID-19 pandemic, SUSK has created an extension to the pre-existing USO toolkit of events. The COVID-19 toolkit is designed to provide member USO's with the appropriate resources to adapt their programming and events to comply with the current COVID-19 health and safety standards. You can stay up to date with what regulations apply to you [here](#).

In this document, you will find information on how to successfully implement a weekly online bingo game.

OBJECTIVE

Complete 1-2 challenges a week and send in a photo as proof of completion to your USO executive! The executive of the USO will create a platform to upload or document the completion. Feel free to share your progress on your USO's Facebook page and other social media platforms to motivate one another and stay connected!

INITIATIVE

This online bingo initiative is designed for member USOs to compete in a safe manner in completing as many tasks as possible. As proof, send in a picture to your USOs executive after you've completed the task!

Making Connections	Welcome to the Outdoors	Let's get Physical	Something New	Mental Health
A1 Window Message	B1 Disconnect	C1 Morning Workout	D1 New Song	E1 Self-Care during COVID 19
A2 Hey Friend	B2 Be Productive Outside	C2 Yoga/Pilates	D2 Craft Challenge	E2 Tips from UNICEF
A3 My Thoughts	B3 Photograph	C3 Thirty Minute Challenge	D3 Dinner Time	E3 Be there
A4 Good Deed	B4 Watch the Sunrise or Sunset	C4 Hike/Long Walk	D4 New Hobby	E4 Expand your Knowledge

A1 – Window Message

- TASK: Decorate your window with notes of appreciation, Ukrainian pride, or anything that may interest you. Get creative!
- MATERIALS: paper, scissors, makers, tape

A2 – Hey Friend

- TASK: Reconnect with an old friend or check in with a close friend. Another option is to write a letter to a friend and send it through the mail.
- MATERIALS: Phone or computer for messaging, paper and pen.

A3 – My Thoughts

- TASK: Throughout the semester pay attention to how you are feeling. If you wish, keep a log of your thoughts.
- MATERIALS: pen and paper

A4 – Good Deed

- TASK: Selflessly help someone out.
- MATERIALS: N/A

B1 – Disconnect

- TASK: Take some time each day without using electronics. See how long you can go without picking up your phone. What did you do with your time instead of being on social media?
- MATERIALS: N/A

B2 – Be productive outside!

- TASK: Spend some time completing a task off of your daily “to do” list outdoors rather than inside.
- MATERIALS: N/A

B3 – Photograph

- TASK: Take a photo of something you are grateful for or that you appreciate in life.
- MATERIALS: Camera/Phone

B4 – Watch the sunrise or sunset

- TASK: Take a break from work and enjoy the sunrise or sunset. Take in the colours and how unique and different each sunrise/sunset is every day.
- MATERIALS: Camera

D1 – New Song

- TASK: Listen to a favourite Ukrainian song and discover a new Ukrainian song.
- MATERIALS: YouTube, iTunes, Spotify etc.

D2 – Craft Challenge

- TASK: Learn a new craft, whether that be embroidery, knitting, painting, sculpting, drawing, etc.
- MATERIALS: Depending on the craft.

D3 – Ukrainian Meal

- TASK: Cook or order your favourite Ukrainian meal for dinner!
- MATERIALS: Suitable food and cooking items for your selected dish.

D4 – New Hobby

- TASK: Take the time to try something you have always wanted to learn. For example, playing an instrument, cooking, a new language, a new artistic skill, etc.
- MATERIALS: Depending on the selected hobby.

E1 – Self-Care during COVID-19

- TASK: How are you taking time to focus on yourself?
- MATERIALS: <https://mindyourmind.ca/wellness/self-care-during-covid-19>

E2 – Tips from UNICEF

- TASK: 6 strategies for coping with the new normal are presented by UNICEF.

- MATERIALS:
<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

E3 – Good Listener

- TASK: Reach out to someone and offer support as a friend.
- MATERIALS: <https://mentalhealthweek.ca/tips-on-how-to-really-listen/> and/or <https://bethere.org/Home>

E4 – Expand your Knowledge

- TASK: Learn something new in a subject matter that interests you! Follow the link for tutorials and more.
- MATERIALS: <https://www.zooniverse.org/>