

# Resiliency



**resiliency** /rə · zil' · yuhn · see/  
the capacity to recover quickly from difficulties; toughness

**repose** /rə' · pōz /  
a state of quiet restfulness; peace or tranquility

# BINGO

A game of renewal, reflection, resiliency, and repose...

- How to Play:**
1. Download the board (print or play on the PDF.)
  2. Choose one box or activity to accomplish, corresponding to one of the R-E<sup>1</sup>-P-O-S-E<sup>2</sup> categories.
  3. Every time you complete an activity, click or mark an "X" over the box to indicate your accomplishment. Don't forget to showcase it on social media! \*\*Tag @fitreadytogo and your friends!
  4. When you've accomplished six consecutive activities (row, column, or diagonal), CELEBRATE virtually by letting us know on twitter @fitreadytogo or on www.facebook.com/FITreadytogo/. Share photos of you and your Resiliency Bingo! board.
  5. Keep going! Finish all activities on your board and send a picture to info@fieldinnovation-team.org. Tell us how you are doing - our team wants to learn about your resilience.
  6. For some REAL fun, have your neighborhood join by placing your printed bingo card in your window. Encourage members in your community to play!

R Relationships	E <sup>1</sup> Emotional	P Physical/Wellness	O Other!	S Spiritual	E <sup>2</sup> Economical
Ask your neighbor what you can do to help? Check on them daily.	Step outside and observe nature.	Lift a heavy item for 5 minutes, 3 times every day (kettlebell, dumbell or heavy household item).	Have a pet, a child, play an instrument, or draw? Spend 30 minutes actively engaged with 1 of these.	Read an uplifting book.	Check your bank account, organize your finances, & stay organized
Find a way to support local businesses- buy, eat and talk about local services and products.	Write a letter to a friend or neighbor. Share with them what you've been doing.	Take a 15-minute walk.	Have an old hobby or a hobby you always wanted to start? Get started!	Set up a call with friends to share how your faith/beliefs/values guide & comfort you.	Contact creditors (credit card/utilities): ask about assistance/offers, such as deferred payment, waived interest, fees, etc.
Be thankful; thank people regularly!	Make a gratitude list. Share it with someone & ask them what they are grateful for.	Drink 7-8 glasses of water every day for 1 week.	Write down what unique things helped you get through this challenging time. Revisit it later.	Spend a few minutes in Power Pose! (Power Pose = pose that makes you feel powerful!)	Identify potential loans & relief programs providing assistance to you, your family, and your neighbor.
Contact at least 1 person and tell them about this Bingo game!	Make a list of healthy coping mechanisms that help you when you are stressed.	Create a healthy meal plan including fruits and vegetables.	List creative ways to maintain physical separation but still staying socially active.	Practice yoga for 30 minutes.	Be innovative! Explore how reusing and recycling at home can save you money!
Reach out virtually to an elderly person in your life and spend 10 minutes with them.	Write down 5 things you love about yourself.	Implement a workout routine; if you already have one, try adding something new.	Use a timer & spend 5 min making yourself laugh. Even forced laughter makes you happy & reduces stress.	Meditate / pray for 10 minutes.	Develop a short term emergency budget and identify essential needs for you and your family.
Make homemade cards & use snail mail to tell your loved ones you are thinking of them.	Write down your worries & read them aloud. Embrace your fears & accept the uncertainty of a new reality.	Deep clean your home (wear gloves/protective gear)! It's a workout, & removes pathogens.	Learn 5 silly jokes (grade school level- keep it clean!) or a new magic trick!. Practice your delivery!	Devote 30 minutes listening to your favorite music (and doing nothing else!).	Stash emergency cash/funds AND, a some "play" funds, too!

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Location: \_\_\_\_\_