

# Better You BINGO

A toolkit of materials for youth-serving organizations who want to bring the youth-designed Better You BINGO challenge to their community and raise awareness of healthy coping skills.

Materials available in Español.



**Developed by  
Clark County  
Teens for Tomorrow  
Peer Educators**  
Original campaign  
launched on 4/20/2021



Hydrate	Sing or create music	Meditate/mindfulness	Visualization strategies	Rest eyes for 5+ mins
Make a list of gratitude	Dance	Reflect on your week-write it down	1 hour without screen time	Give thanks to someone you look up to
Take a walk outside	Read cheesy jokes until you smile	Read	10+ mins of movement	Use positive self talk
Do something kind for someone	Listen to music	Social Interaction	Watch a TV show/movie	Color
Do an art or craft	Breathe/stretch	Try a breathing exercise	Go outside - get fresh air	Bake/cook simple or challenging

Designed by Clark County Teens for Tomorrow 

## This toolkit includes customizable templates for:

- an Instagram carousel with your own BINGO card
- two-sided fliers with your BINGO card and instructions on how to participate!
- forms for keeping track of entries and measuring success!
- printer-friendly BINGO cards!
- promotional emails!
- ideas for prizes that promote healthy coping skills!
- AND SO MUCH MORE!

For more information about Teens for Tomorrow, and to see an example of the Better You BINGO challenge in action, check out:

 [teensfortomorrow.clark.wa.gov](https://teensfortomorrow.clark.wa.gov)  
 @teensfortomorrowclarkcounty

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## What is Teens for Tomorrow?

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We are Clark County Teens for Tomorrow peer educators, a group of youth (12-18) from Clark County, Washington who advocate for youth substance prevention and try to encourage the community to be happy, healthy, and safe. We are a nonjudgmental and inclusive group preventing youth drug and alcohol use, using our words and in our own way. We work to encourage healthy behavior, build resilience, and provide coping resources and support to youth in our community. Within our prevention work, we create connections and bonds with those we impact, and we demonstrate how connection is the best prevention. Teens for Tomorrow is funded by Clark County Community Services.

## What is Better You BINGO?

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Better You BINGO is a campaign we developed to help spread the message of prevention. You might be asking, “How can BINGO be applied to youth mental health or youth prevention?” When we think of BINGO we think of the game where a number is called out, you mark it on your board if you have it, and then collect prizes when you get five in a row or all of the numbers. Better You BINGO works the same way, but instead of numbers being called out, there are coping “challenges” in each of the boxes for you to complete at your own pace in order to get your name in a drawing for a prize. You can take a walk outside, dance around, or hydrate, but then there are some you can just do with your family. Although it is an Instagram campaign, we made it so this can be done outside of Instagram so youth who don’t have social media can participate. We also made our materials available to youth who speak Spanish so even more youth to take participate.

## Why Teens for Tomorrow created Better You BINGO

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Every year, we come up with a big prevention project. This year (2020-2021), we based it around our own experiences in quarantine. We wanted to come up with a project that was inclusive and easy to do at home. After several meetings, we came up with a BINGO card that would encourage people to use coping skills because, after being in lockdown for so long, we realized that this was a time we really need to utilize these skills.

We thought it would be great to provide healthy coping “challenges” for youth to complete to add some positivity during this time. Better You BINGO is a fun way to make sure you’re taking time for self-care and gives you a chance to try new things or maintain good existing coping habits. The BINGO card and the healthy coping challenges within the card intentionally encourage connection to prosocial peers, adults, and organizations. When we were initially planning out the project itself, we talked about a number of barriers that might come with the project because we wanted to make it inclusive and push it out to as many people as possible. We were even careful about what coping skills

we wanted to put on the card as well because we didn't want it to be too difficult or feel like you have to go out of your way to do these things. We wanted it to feel natural and something you can relate back to in the future. Making sure the project is inclusive and welcoming were our biggest goals.

We put a lot of thought into making sure these “challenges” were as barrier-free, equitable, and inclusive as possible. Please do not change any of the challenges unless you consider and address:

- any barriers that may prevent some youth from participating in that challenge
- how people of different races, ethnicities, or other backgrounds might view or be able to participate in that challenge
- what may prevent youth with different abilities (such as youth with physical or developmental disabilities or English Language Learners) from participating in that challenge.

## What Teens for Tomorrow learned

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“When it came to planning and creating the campaign itself, writing a reflection of your day is one of the coping skills on the BINGO card and I was like, ‘Oh my gosh, that’s the one thing that I can totally relate to.’ It’s really cool to just reflect on quarantine or just your life even because there are some coping skills on there that you have done for years—like me and writing—there’s at least one thing everyone can relate to and I think that’s what makes it so special and cool, and maybe you’ll have an uh-huh moment like I did. [...] This is a community campaign that’s bringing people together.” – Charlie

“This project really matters to me because, like Charlie said, there’s something that resonates with everybody. Whether it’s something you’ve always wanted to try, something that you’re passionate about, or something you just really enjoy. [...] To have the community support and partnerships that we have is absolutely incredible. Having different organizations and publications and news media outlets reach out to us and wanting to learn more and share our story with their communities, it’s been amazing; it’s been such an honor and privilege to have so many people care about something that we’re so passionate about. And it really just brings in the whole meaning of community and helping one another out during these times, doing all of this to help the young people in our community, and overall, just make our community a better place.” – Jaelyn

# Using the visual materials - English

## Better You BINGO Instagram Carousel

### Template:

[https://www.canva.com/design/DAEd0dbU6iU/nWHIKR1y3wVv8fTlu1yirA/view?utm\\_content=DAEd0dbU6iU&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAEd0dbU6iU/nWHIKR1y3wVv8fTlu1yirA/view?utm_content=DAEd0dbU6iU&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

### Page 2

1. Replace "[logo]" with your group or organization's logo. If your logo is not circular, feel free to replace the teal circle with a shape that goes better with your logo. The teal is #0c6980.
2. Replace "[Organization name]" with your group or organization's name.
3. You could replace "presents" with something different if you would like.
4. **Important step:** once you have made your final edits to page 2 (the BINGO card), **download page 2** from Canva as a high-quality PNG image. Reupload the image to Canva to use as the background for the rest of the slides.



### Page 3

1. Insert your edited Better You BINGO card image as the background.
2. Replace "[audience]" with the audience you want to reach; for example, "Clark County youth" or "[School] students."
3. If needed for clarification, replace "[age range]" with the age range you want to reach. If not, feel free to remove this altogether.
4. If the language "your choice from this list of prizes" is not applicable to your Better You BINGO campaign, feel free to adjust the language.
5. List the prizes your organization/group is offering.
6. Replace "[date]" with the start and end dates of the campaign.
7. Replace "[logo]" with your organization/group's logo.



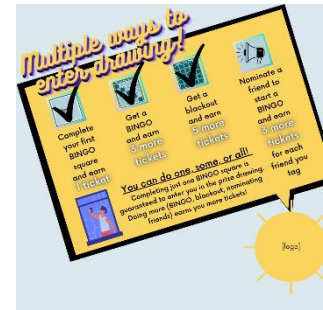
### Page 4

1. Insert your edited Better You BINGO card image as the background.
2. Replace "[logo]" with your organization/group's logo.



## Page 5

1. Insert your edited Better You BINGO card image as the background.
2. If applicable, replace the ticket amounts with what your organization/group agreed each is worth.
3. Replace "[logo]" with your organization/group's logo.



## Page 6

1. Insert your edited Better You BINGO card image as the background.
2. Replace "[ages]" and "[other requirements]" with the audience you want to reach. If you don't need one of these, feel free to remove it altogether.
3. Replace "[yourhandlehere]" with your organization's social media handle.
4. Replace "[logo]" with your organization/group's logo.



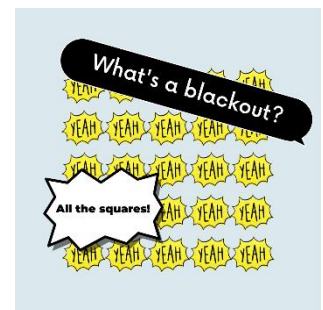
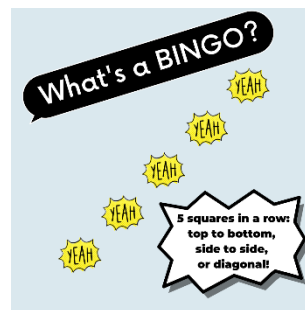
## Page 7

1. Insert your edited Better You BINGO card image as the background.
2. Replace "[yourhandlehere]" with your organization/group's social media handle.
3. If applicable, replace the ticket amount with what your organization/group agreed this is worth.
4. Replace "[logo]" with your organization/group's logo.



## Page 8-9

Insert your edited Better You BINGO card image as the background. Please do not move or change any other elements; they should line up with the background once it is placed.



## Page 10

1. Insert your edited Better You BINGO card image as the background.
2. Replace the images that say "[REPLACE THIS IMAGE WITH IMAGE OF YOUR BETTER YOU BINGO CARD]" with your edited Better You BINGO card image.



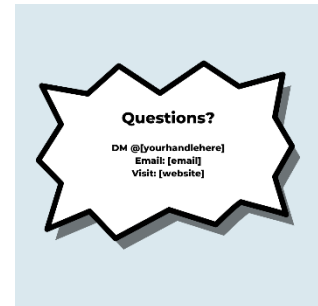
## Page 11

1. Insert your edited Better You BINGO card image as the background.
2. Replace "[yourhandlehere]" with your organization/group's social media handle in both the rectangle box with the sample post and in the lower-right shoutout.



## Page 12

1. Insert your edited Better You BINGO card image as the background.
2. Replace "[yourhandlehere]" with your organization/group's social media handle.
3. Replace "[email]" with the email associated with your Better You BINGO campaign.
4. If applicable, replace "[website]" with the website where people can find more information about your Better You BINGO campaign. If not, feel free to replace this or remove this altogether.



## Better You BINGO Flier

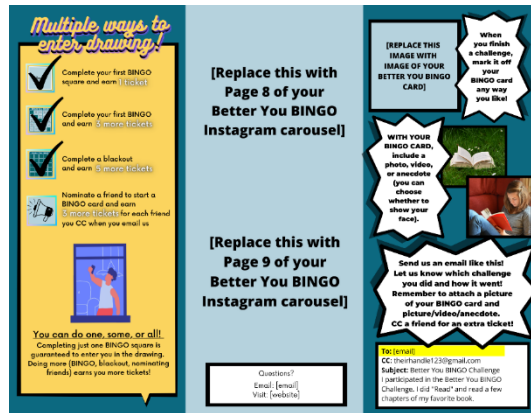
**Template:** [https://www.canva.com/design/DAEdoycr-bM/JWeJhlddKQ0xkyKw9am2cg/view?utm\\_content=DAEdoycr-bM&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAEdoycr-bM/JWeJhlddKQ0xkyKw9am2cg/view?utm_content=DAEdoycr-bM&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)



### First Page

1. Replace "[audience]" with the audience you want to reach; for example, "Clark County youth" or "[School] students."
2. If needed for clarification, replace "[age range]" with the age range you want to reach. If not, feel free to remove this altogether.
3. If the language "your choice from this list of prizes" is not applicable to your Better You BINGO campaign, feel free to adjust the language.
4. Replace the list of prizes with what your organization/group is offering.
5. Replace "[funder]" with the funder of your Better You BINGO campaign.
6. If applicable, replace "[Additional disclaimers, if any]." For example, "This is not sponsored or endorsed by any Clark County public school district."
7. Replace "[date]" with the start and end dates of your Better You BINGO campaign.
8. If applicable, replace "Instagram" and the Instagram logo with a different social media platform and logo.
9. Replace "[yourhandlehere]" with your organization/group's social media handle.
10. This version of the Better You BINGO card was designed for youth participating by email. Feel free to adjust the "My email address is" to meet your needs.
11. Download and then upload your Better You BINGO card from the Instagram carousel document to Canva and drag and drop into the image that says "[REPLACE THIS IMAGE WITH IMAGE OF YOUR BETTER YOU BINGO CARD]."





## Second Page

1. If applicable, replace the ticket amounts with what your organization/group agreed each is worth.
2. Upload pages 8 and 9 of your Better You BINGO card from the Instagram carousel document to Canva and drag and drop them into the images that say "[Replace this with Page 8/9 of your Better You BINGO Instagram carousel]." An image of "What's a BINGO?" should be on top and "What's a blackout?" should be on bottom.
3. Replace "[email]" with the email associated with your Better You BINGO campaign.
4. If applicable, replace "[website]" with the website where people can find more information about your Better You BINGO campaign. If not, feel free to replace this or remove this altogether.
5. Drag and drop your Better You BINGO card from the Instagram carousel into the image that says "[REPLACE THIS IMAGE WITH IMAGE OF YOUR BETTER YOU BINGO CARD]."
6. Replace "[email]" with the email associated with your Better You BINGO campaign.
7. If needed, you can adjust the length of the yellow "highlight" box that is behind your email address.

## Better You BINGO Printer-Friendly

### Template:

[https://www.canva.com/design/DAEdpOiupCo/4rnUBsVYSVNJAbAg84ko7g/view?utm\\_content=DAEdpOiupCo&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAEdpOiupCo/4rnUBsVYSVNJAbAg84ko7g/view?utm_content=DAEdpOiupCo&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)



1. Replace "[logo]" with your group or organization's logo. If your logo is not circular, feel free to replace the teal circle with a shape that goes better with your logo. The teal is #0c6980. The light gray is #d9d9d9.
2. Replace "[Organization name]" with your group or organization's name.
3. You could replace "presents" with something different if you would like.

# Using the visual materials - Español

## BINGO "Better You" Instagram Carousel

Template: [https://www.canva.com/design/DAEdolSab6l/Ik - g362Thcq0qMvpumxFA/view?utm\\_content=DAEdolSab6l&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAEdolSab6l/Ik - g362Thcq0qMvpumxFA/view?utm_content=DAEdolSab6l&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

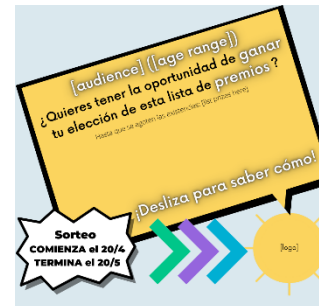
### Page 2

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2. Replace "[Organization name]" with your group or organization's name.
3. You could replace "presentan" with something different if you would like; make sure it is the appropriate tense.
4. **Important step:** once you have made your final edits to page 2 (the BINGO card), **download page 2** from Canva as a high-quality PNG image. Reupload the image to Canva to use as the background for the rest of the slides.



### Page 3

1. Insert your edited BINGO "Better You" card image as the background.
2. Replace "[audience]" with the audience you want to reach; for example, "Clark County youth" or "[School] students."
3. If needed for clarification, replace "[age range]" with the age range you want to reach. If not, feel free to remove this altogether.
4. If the language "tu elección de esta lista de premios" ("your choice from this list of prizes") is not applicable to your Better You BINGO campaign, feel free to adjust the language.
5. List the prizes your organization/group is offering.
6. Replace "[date]" with the start and end dates of the campaign.
7. Replace "[logo]" with your organization/group's logo.



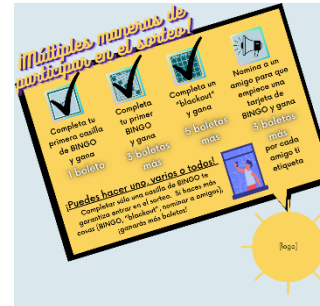
## Page 4

1. Insert your edited BINGO "Better You" card image as the background.
2. Replace "[logo]" with your organization/group's logo.



## Page 5

1. Insert your edited BINGO "Better You" card image as the background.
2. If applicable, replace the ticket amounts with what your organization/group agreed each is worth.
3. Replace "[logo]" with your organization/group's logo.



## Page 6

1. Insert your edited BINGO "Better You" card image as the background.
2. Replace "[low age]", "[high age]", and "[other requirements]" with the audience you want to reach. If you don't need one of these, feel free to remove it altogether.
3. Replace "[yourhandlehere]" with your organization's social media handle.
4. Replace "[logo]" with your organization/group's logo.



## Page 7

1. Insert your edited BINGO "Better You" card image as the background.
2. Replace "[yourhandlehere]" with your organization/group's social media handle.
3. If applicable, replace the ticket amount ("un boleto") with what your organization/group agreed this is worth.
4. Replace "[logo]" with your organization/group's logo.



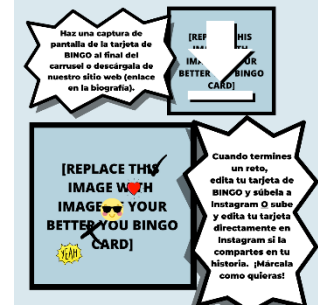
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Insert your edited BINGO "Better You" card image as the background. Please do not move or change any other elements; they should line up with the background once it is placed.



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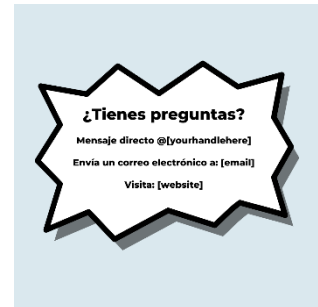
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4. If applicable, replace “[website]” with the website where people can find more information about your Better You BINGO campaign. If not, feel free to replace this or remove this altogether.



Please seek consultation from professional translation services for accurate translation of anything you may add/change.

## BINGO “Better You” Flier

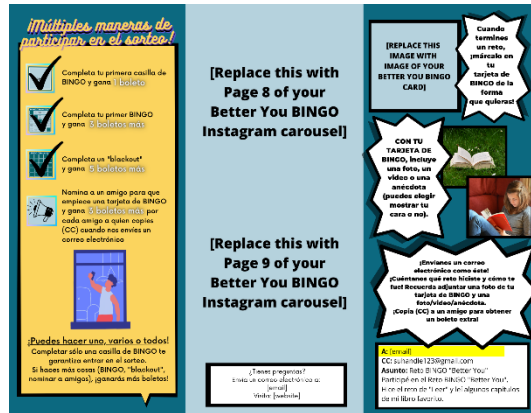
### Template:

[https://www.canva.com/design/DAEdpD2xb4k/NtVaw21IbCFa99bWL9AyCA/view?utm\\_content=DAEdpD2xb4k&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAEdpD2xb4k/NtVaw21IbCFa99bWL9AyCA/view?utm_content=DAEdpD2xb4k&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)



### First Page

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4. Replace the list of prizes with what your organization/group is offering.
5. Replace "[funder]" with the funder of your Better You BINGO campaign.
6. If applicable, replace "[Additional disclaimers, if any]." For example, "No está patrocinado ni respaldado por ningún distrito escolar público del condado de Clark" ("This is not sponsored or endorsed by any Clark County public school district").
7. Replace "[start]" and "[end]" with the start and end dates of your Better You BINGO campaign. For Spanish, the day goes before the month. For example, April 20 would be 20/4.
8. If applicable, replace "Instagram" and the Instagram logo with a different social media platform and logo.
9. Replace "[yourhandlehere]" with your organization/group's social media handle.
10. This version of the Better You BINGO card was designed for youth participating by email. Feel free to adjust the "Mi dirección de correo electrónico es" ("My email address is") to meet your needs.
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## Second Page

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4. If applicable, replace "[website]" with the website where people can find more information about your Better You BINGO campaign. If not, feel free to replace this or remove this altogether.
5. Drag and drop your BINGO "Better You" card from the Instagram carousel into the image that says "[REPLACE THIS IMAGE WITH IMAGE OF YOUR BETTER YOU BINGO CARD]."
6. Replace "[email]" with the email associated with your Better You BINGO campaign.
7. If needed, you can adjust the length of the yellow "highlight" box that is behind your email address.

Please seek consultation from professional translation services for accurate translation of anything you may add/change.

# BINGO "Better You" Printer-Friendly

## Template:

[https://www.canva.com/design/DAEduWu2aak/cVFmSPk5P76pfEzS3D3sVg/view?utm\\_content=DAEduWu2aak&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAEduWu2aak/cVFmSPk5P76pfEzS3D3sVg/view?utm_content=DAEduWu2aak&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)



1. Replace "[logo]" with your group or organization's logo. If your logo is not circular, feel free to replace the teal circle with a shape that goes better with your logo. The teal is #0c6980.
2. Replace "[Organization name]" with your group or organization's name.
3. You could replace "presentan" with something different if you would like. Please note that "presentan" is used with an organization that is plural. For example, "Clark County Teens for Tomorrow peer educators."

Please seek consultation from professional translation services for accurate translation for anything you may add/change.



## Using the other materials

### Prize Drawing Winner's Survey Banner

#### Template:

[https://www.canva.com/design/DAEdqPUFQ9c/E8Oh74uKnP2GBde3ZBZ5EA/view?utm\\_content=DAEdqPUFQ9c&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAEdqPUFQ9c/E8Oh74uKnP2GBde3ZBZ5EA/view?utm_content=DAEdqPUFQ9c&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)



1. Replace "[logo]" with your group or organization's logo. If your logo is not circular, feel free to replace the teal circle with a shape that goes better with your logo. The teal is #0c6980.
2. Replace "[Organization name]" with your group or organization's name.
3. You could replace "presents" with something different if you would like.

### Prize Drawing Winner's Survey (Google Form)

#### Template:

[https://docs.google.com/forms/d/1BiLiaf8JalMsMtVOGBIMC3GrgKdnUuizX4r1\\_T65s7c/edit](https://docs.google.com/forms/d/1BiLiaf8JalMsMtVOGBIMC3GrgKdnUuizX4r1_T65s7c/edit)

A screenshot of a Google Form interface. The title bar shows "TEMPLATE Better You BINGO Prize Drawing Winner's Survey" with a "Send" button. Below the title bar, there are tabs for "Questions" and "Responses". The main content area displays the banner from the previous image. Below the banner, the form text reads: "Congratulations on being drawn as a prize winner for Better You BINGO!". This is followed by a message: "On behalf of [organization/group] and [funder] we want to say...win, win, win, winner! Congratulations! We hope you had fun doing some good stuff for YOU!". Then, it says: "OKAY, let's get you your prize! This form will take you through 3 quick steps to get your your prize." and lists three steps: "Step 1: Select your prize!", "Step 2: Provide necessary information so we can send your prize to you", and "Step 3 (optional): Answer a few survey questions". At the bottom, a confidentiality notice states: "The information you share remains completely confidential and is only for the purpose of sending you your prize in the mail. Any information you share with us will be deleted as soon as we confirm that you received your prize." On the right side of the form, there is a vertical toolbar with icons for adding, deleting, and other editing functions.

**Do not do anything to the template above.**

1. In the upper-right corner, click the three dots and click “Make a copy.”
2. Change the name of the document and select a folder to store it in.
3. After clicking “OK,” you will be taken to your version of this document. Close out the older tab and work on this version.
4. To replace the banner for the Google Form using the one you created above, click on the icon of the art palette that reads, “Customize Theme.”
  - Click “Image uploaded.”
  - Click “UPLOAD.”
  - Click “BROWSE.”
  - Find and click your image.
  - Click “DONE.”
5. Under “Congratulations on being drawn as a prize winner for Better You BINGO!”:
  - Replace “[organization/group]”
  - Replace “[funder]” if applicable. Remove if not applicable.
  - Replace “[organization/group]”
  - Replace “[title]” with the title of the person of contact.
  - Replace “[person of contact]”
  - Replace “[phone number]”
  - Replace “[email]”
  - Edit anything else to fit your voice.
6. Under “Step 1: Select your prize!”:
  - Replace the list of prizes with what your organization/group is offering.
  - Edit anything else to fit your voice.
7. Under “Step 2: Provide information for us to send you your prize”: if your organization/group cannot offer gift cards, remove this section.
8. Under “Your mailing address”:
  - Replace “[organization/group]”
  - Replace “[street address]”
  - Replace “[city and state]”
  - Replace “[ZIP code]”
  - Replace “[organization/group]”
  - Replace “[title]” with the title of the person of contact.
  - Replace “[person of contact]”
  - Replace “[phone number]”
  - Replace “[email]”
  - Edit anything else to fit your voice.
9. Under “If you selected a gift card option as your first or second choice for a prize”:
  - Replace “[person of contact]” (x3)
  - Replace “[organization/group]” (x3)
  - Replace “[pronoun]” (x4)
  - Replace “[location]”

- If your organization/group cannot offer gift cards, remove this section, but please pay attention to how this would affect the “Winner Follow-Up” tab of your database and paste the responses accordingly.

10. You're not done yet. 😊 You need to adjust the message winners receive after completing the survey

- Click the gear icon / “Settings”.
- Click “Presentation.”
- Replace “[organization/group]” (x3)
- Replace “[website]”
- Replace “[title]” with the title of the person of contact.
- Replace “[person of contact]”
- Replace “[phone number]”
- Replace “[email]”
- Edit anything else as needed or to fit your voice.

## Database (Excel workbook)

### Template:

<https://drive.google.com/file/d/1VAkuyQh833at7fb6mXudEjRm4ssAuKVS/view?usp=sharing>

### Database Instructions

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O		
1				DO NOT TOUCH ADJUST THESE CELLS. These cells will automatically fill in based on the information you put into the other cells.													
2	"X" If the youth's name was entered on the next spreadsheet "Entries" the number of times listed in Column D.	Name	Instagram / Email	Total Entries CELL WILL TELL YOU HOW MANY ENTRIES	1 entry for their first square (limited to 1) CELL WILL TELL YOU HOW MANY ENTRIES	3 entries for their first BINGO (limited to 1) CELL WILL TELL YOU HOW MANY ENTRIES	5 entries for a BLACKOUT CELL WILL TELL YOU HOW MANY ENTRIES	3 entries for each friend challenged CELL WILL TELL YOU HOW MANY ENTRIES	1 entry for each time they share your organization/group's Better You BINGO post to their story	Hydrate	Sing or create music	Meditate / mindfulness	Think of a happy memory	Rest eyes for 5+ mins	Make a list of gratitude		
3																	
4				TOTALS ENTRIES FOR EACH CATEGORY >>>	0	0	0	0	0	0	0	0	0	0	0		
5					0	0	0	0	0								
6					0	0	0	0	0								
7					0	0	0	0	0								
8					0	0	0	0	0								
9					0	0	0	0	0								
10					0	0	0	0	0								

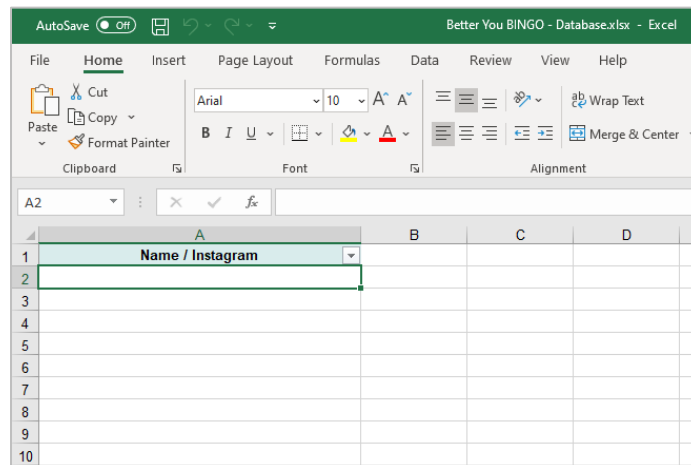
- This spreadsheet is used to keep track of participation.
- Some columns have zeroes in them with a note in **Row 1** in red reading, "DO NOT TOUCH ADJUST THESE CELLS. These cells will automatically fill in based on the information you put into the other cells." **Do not adjust these cells unless following further instructions below; otherwise, the document will not be accurate.**
- **Columns A-D** are self-explanatory.
- **Columns E-I** keep track of how many entries are awarded based on the actions mentioned in their respective columns. If you change the ticket values, you may carefully adjust the formula by click on the corresponding cell in **Row 4**. For **Columns E-G**, you will see at the end of the formula "#, 0)"; change whatever that # is to the value your organization/group agreed that action is worth. After doing this, copy-paste or drag and drop the formula so it is copied into all of the cells in that column. For **Column H** (entries for each friend challenged), you would click on H4 and change the "3" to "\*"#" (with # being whatever value your organization/group agreed that action is worth). After doing this, copy-paste or drag and drop the formula so it is copied into all of the cells in that column.
- **Column I** can be tricky to keep track of, especially when you have multiple staff entering information. It may be helpful to insert a note that lists the date of each post that person shared. However, the cell itself should only contain the number of times the person shared to their story a Better You BINGO post your organization/group posted.
- **Columns J-AH** should each have a "1" for each challenge completed.

- **Column AI** can also be tricky to keep track of, especially when you have multiple staff entering information. Keep track of who they tagged in **Column AJ**; whether the participant can only get entries for each unique friend they tag is up to your group/organization. Cells in **Column AI** should only contain the number of times the person tagged a friend on their post.
- **Columns AK-AV** will tell you how many challenges they completed for each possible BINGO combination, with 5 being a complete BINGO.
- **Column AW** will tell you how many challenges they completed out of the whole BINGO board, with 25 being a blackout.

Row 3 was created to help your organization/group measure outcomes:

- **D3:** Tells you how many total entries your Better You BINGO campaign had.
- **E3:** Tells you how many different individuals completed at least one challenge.
- **F3:** Tells you how many people completed at least one BINGO. If you change the value of tickets for getting one BINGO, adjust this number in the formula in **F3**.
- **G3:** Tells you how many people got a blackout.
- **H3 and AI3:** Tells you how many friends were challenged. If you change the value of tickets for nominating friends, adjust this number in the formula in **H3**.
- **I3:** Tells you how many times one of your Better You BINGO posts were shared to someone's story.
- **J3-H3:** Tells you how many people did which challenge. This could help you determine which challenges were easiest or most challenging to complete.
- **AK3-AV3:** Tells you how many people on average completed each BINGO direction. This could help you determine which BINGO direction was easiest or most challenging to complete.

## "Entries" Instructions



1. Copy-paste everyone's name into **Column A**. Each person's name should correspond to the number of Total Entries they have in **Column D** of the Database

tab. For example, if John Smith had four total entries, John Smith or John S.'s name should appear four times in **Column A** of this tab.

2. Visit <https://wheelofnames.com/#>
3. Copy-paste the list of names in **Column A** of this spreadsheet into the large box on the right side of the website.
4. Click "Shuffle" a few times so the names are sufficiently randomized.
5. Along the blue bar on the top of the website, click "Customize."
6. Adjust settings to how you would like.
  - a. "During spin": "Max number of names visible on the wheel" needs to be equal to or greater than the number of names on the list (this equals the row number minus 1). It can be way more than the number of names on the list; it just can't be less.
  - b. "After spin": you can play a sound other than subdued applause, animate the winning entry (meaning the screen slightly darkens and the name appears in white font and zooms larger and larger and toward the screen), display a customizable popup message (defaulted to "We have a winner!" but you can change it to "Congratulations!" or something else), and remove the button that says "Remove" after the winner is announced.
  - c. "Colors": you can change the colors on the wheel; use R25 G122 B128 for the dark teal or R217 G236 B236 for the light blue of the Better You BINGO board.
  - d. "Image": you can add your logo to the center of the wheel and make it any size from XS to XXL.
7. When done adjusting settings, click on the wheel to spin it.
8. Add the drawing date, the youth's name, and the youth's email address/Instagram handle to the next spreadsheet titled "Winner Follow-up."

## "Winner Follow-up"

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
	Date Drawn	Name	Email / Instagram	Email	First Choice	Second Choice	First and Last Name	Phone Number	Text?	Best Email	Adult	Adult Phone Number	Adult Text?	Adult Email
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														

This tab is used to keep track of communication between your organization's staff and BINGO winners. **Columns D-S** can be directly copy-pasted from the Better You BINGO Prize Drawing Winner's Survey (Google Form). **If you change anything on the Google Form, you either need to make the changes in this document OR be careful when copy-pasting the responses so they are in the correct columns.**

## Sample prize list

Inclusion in this list does not imply approval or endorsement and omission from this list does not imply disapproval or non-endorsement.

\$10 gift card to somewhere that promotes healthy coping skills.

<p>Fuzzy socks:</p> 	<p>Soccer ball:</p> 	<p>Gratitude journal:</p> 
<p>Bullet journal:</p> 	<p>Speed jump rope:</p> 	<p>Yoga ball:</p> 
<p>Medicine ball:</p> 	<p>Basketball:</p> 	<p>Yoga mat:</p> 
<p>Bath bomb:</p> 	<p>Epsom salt:</p> 	<p>Eye mask:</p> 

Foam roller:



Mandala coloring book:



Disc golf set:



Art kit:



Hula hoop:



Resistance bands:



Wireless karaoke mic:



Paint by number:



Sketchbook and drawing pencils:





## Sample emails promoting Better YOU BINGO

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### Pre-Launch

**Subject:** Upcoming opportunity to encourage your youth to do healthy activities for a chance to win a prize

Hello [name of recipient],

This past year has been really hard, especially for the young people in our lives. That is why [your organization name and description of what you do] has planned a virtual youth-driven project called **Better You BINGO**, a tool developed by a group of youth in Southwest Washington called Clark County Teens for Tomorrow peer educators. However, [your organization/group name] is inviting youth from our community to participate in this self-paced "health challenge" that introduces them to or leads them to completing activities that will focus on healthy coping skills for a chance to win a prize. This challenge begins on [start date] and will end on [end date]. Some examples of the challenges that youth will be presented with include reduced screen time, recognizing nature, and taking time to exercise.

**A CHANCE TO WIN! We will be drawing up to [maximum] winners who can select from a list of prizes that all promote healthy coping skills,** such as [example prize options], among many other options!

Although the Better You BINGO challenge will mostly be on Instagram, we are also accepting entries by email, using the printable versions of the BINGO card that we attached to this email, along with instructions on how to participate. They can print these out or mark them some other way and send their BINGO card with a picture, video, or anecdote of the coping skill(s) they completed to [your email address]. We understand how important privacy is for the youth you work with and that is why [your organization/group name] is accepting entries by email, pictures without their faces shown, and even short anecdotes instead of pictures.

While Better You BINGO doesn't officially launch until [start date] and will go through [end date], we wanted to reach out to you in advance in case you wanted to add this to your newsletter or prepare a lesson/discussion with your youth about healthy coping skills in the coming weeks and pair it with this opportunity. In case you wanted to get a preview of what this healthy coping challenge is going to look like, we attached a sample of what the BINGO card will look like. **This is a preview so please do not share this with your youth.** We will send you an email in a couple weeks with the official BINGO card and a sample email you can forward to the youth you know.

**IF PROMOTING EVENT AROUND 4/20:** Teens from our community want to take back 4/20 and make it a day about celebrating making healthy decisions and that is why the Better You BINGO healthy coping skills challenge is launching on 4/20.

Does your organization want to share this with the youth you work with? Reach out! We are also able to print colored copies if you plan on mailing these to youth or handing them out. For more information about [your organization name] and Better You BINGO, please contact [name of primary contact] at [your phone number] or [your email address] or visit [website].

Thank you for all you do for youth in our community.

## Launch

**Subject:** Encourage your youth to do healthy activities for a chance to win a prize

Hello [name of recipient],

[your organization name and description of what you do] has planned a virtual youth-driven project called Better You BINGO, a tool developed by a group of youth in Southwest Washington called Clark County Teens for Tomorrow peer educators. However, [your organization/group name] is inviting youth from our community to participate in this self-paced "health challenge" that introduces them to or leads them to completing activities that will focus on healthy coping skills for a chance to win a **healthy coping themed PRIZE**. Some examples of the challenges that youth will be presented with include reduced screen time, recognizing nature, and taking time to exercise.

**A CHANCE TO WIN! We will be drawing up to [maximum] [audience] winners who can select from a list of prizes that all promote healthy coping skills,** such as [example prize options], among many other options!

Although the Better You BINGO challenge is mostly on Instagram, [your organization/group name] is also accepting entries by email, using the printable versions of the BINGO card that we attached to this email, along with instructions on how to participate. They can print these out or mark them some other way and send their BINGO card with either a picture, video, or anecdote of the coping skill(s) they completed to [your email address]. We understand how important privacy is for the youth you work with and that is why [your organization/group name] is accepting entries by email, pictures without their faces shown, and even short anecdotes instead of pictures. **More details about how to participate on the flier (attached)!**

We know how busy you are so we included a sample email below that you can edit and pass along to your youth if you would like. Please feel free to adapt the sample email to fit your needs and voice.

Challenge starts on [start date], and participants can begin anytime between [start date] and [end date] at their own pace. **IF PROMOTING EVENT AROUND 4/20:** Teens from our community want to take back 4/20 and make it a day about celebrating making healthy decisions and that is why the Better You BINGO healthy coping skills challenge is launching on 4/20. For more information about [your organization/group name] and Better You BINGO, please contact [name of primary contact] at [your phone number] or [your email address] or visit [website].

Thank you for all you do for youth in our community.

----

Hello,

A CHANCE TO WIN A PRIZE! We are coming up on the end of a really tough year, and now is a great chance to practice some self-care to help you relax. You deserve it!

A group of youth from our community are hosting a healthy coping skills challenge for youth (ages [age range]) called Better You BINGO. If you participate and are one of [maximum] winners, you can choose from a long list of prizes, [example prize options], and more!

I attached the BINGO cards and instructions to this email, but you can also find copies and learn more about this challenge and the group that is sponsoring this by visiting [your website] or their Instagram account @[yourhandlehere]. [Your organization/group name and description of what you do].

## Sample responses for Better YOU BINGO submissions

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### Instagram

Hi **[name]**, thanks for your submission for Better You BINGO!

Looks like you've been hard at work! Do you want us to highlight you on our Instagram account? We don't have to share your name or the picture you sent, we could just say something like "**[example of what you might say]**" What do you think? It's totally up to you and what you're comfortable with, so please feel free to say no if you'd like :) And if it is something you're comfortable with, we'd love to know if we could share **[more detail from them if necessary: i.e. quote, what book they read, etc]**! Just let us know.

Here are the tickets you've earned **[modify the numbers below for the individual]**:

**Completing your first square:** 1 ticket

**Getting a BINGO:** 3 tickets

**Getting a blackout:** 5 tickets

**Nominating a friend:** 3 tickets

If you are able to complete **[missing squares]**, that will count as a BINGO (5 squares in a row) and that's worth 3 more tickets!

If you are able to complete **[missing squares]**, that will count as a BINGO blackout (all squares filled) and that's worth 5 more tickets!

You can also earn 3 more tickets for each friend you nominate to take the challenge, which you can do by tagging them in your post.

The tickets you've earned will be submitted for the next prize drawing. We can't guarantee that your name will be drawn as a winner, but the more tickets you earn, the better your odds of winning are! :) **OPTIONAL:** Players whose names are drawn will be able to choose their preferred prize from the prize list, and all prizes will remain available to all players throughout the challenge (so no worries if someone wins before you and chooses the prize you want, because it will still be available if you win too).

**OPTIONAL:** If you complete a blackout, feel free to start another BINGO card! You can complete up to **[maximum]** BINGO cards total over the course of the challenge (which ends on **[end date]**).

Great job on **[accomplishment]**, and keep up the good work! We're rooting for you! Let us know if you have any questions.

Your fans,

**[Organization/group name]**

## Email

Hi [name], thanks for your submission for Better You BINGO!

Looks like you've been hard at work! Do you want us to highlight you on our Instagram account? We don't have to share your name or the picture you sent, we could just say something like "[example of what you might say]" What do you think? It's totally up to you and what you're comfortable with, so please feel free to say no if you'd like :) And if it is something you're comfortable with, we'd love to know if we could share [more detail from them if necessary: i.e. quote, what book they read, etc]! Just let us know.

Here are the tickets you've earned [modify the numbers below for the individual]:

**Completing your first square:** 1 ticket

**Getting a BINGO:** 3 tickets

**Getting a blackout:** 5 tickets

**Nominating a friend:** 3 tickets

If you are able to complete [missing squares], that will count as a BINGO (5 squares in a row) and that's worth 3 more tickets!

If you are able to complete [missing squares], that will count as a BINGO blackout (all squares filled) and that's worth 5 more tickets!

You can also earn 3 more tickets for each friend you nominate to take the challenge, which you can do by tagging them in your post.

The tickets you've earned will be submitted for the next prize drawing. We can't guarantee that your name will be drawn as a winner, but the more tickets you earn, the better your odds of winning are! :) **OPTIONAL:** Players whose names are drawn will be able to choose their preferred prize from the prize list, and all prizes will remain available to all players throughout the challenge (so no worries if someone wins before you and chooses the prize you want, because it will still be available if you win too).

**OPTIONAL:** If you complete a blackout, feel free to start another BINGO card! You can complete up to [maximum] BINGO cards total over the course of the challenge (which ends on [end date]).

Great job on [accomplishment], and keep up the good work! We're rooting for you! Let us know if you have any questions.

Your fans,

[Organization/group name]

## Sample message to Better YOU BINGO winners

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Hi [winner's name],

Congratulations! [Organization/group name] just held our Better You BINGO prize drawing, and you are one of the winners! In order to receive your prize, please fill out this Google Form:

[link to Google form]

The form will ask you questions about:

1. Which prize you would like to receive
2. Your contact information, and contact information for a parent or guardian
3. Where we should mail your prize

It is 100% confidential and we will delete the information you share with us as soon as we know you've received your prize. If you have any questions or concerns, please let us know!

Congratulations again, and we look forward to hearing from you soon!

Your fans,

[Organization/group name]

## English to Español translations

### BINGO squares/healthy coping challenges

English	Español
Hydrate	Hidratarse
Sing or create music	Cantar o crear música
Meditate/mindfulness	Meditar/mindfulness
Think of a happy memory	Pensar en un recuerdo feliz
Rest eyes for 5+ mins	Descansar los ojos durante al menos 5 minutos
Make a list of gratitude	Hacer una lista de agradecimiento
Dance	Bailar
Reflect on your week- write it down	Reflexionar sobre tu semana y anotar tu reflexión
1 hour without screen time	1 hora sin tiempo de pantalla
Give thanks to someone you look up to	Dar las gracias a alguien a quien admires
Take a walk outside	Dar un paseo al aire libre
Read cheesy jokes until you smile	Leer chistes malos hasta sonreír
Read	Leer
10+ mins of movement	Al menos 10 minutos de movimiento
Use positive self-talk	Utilizar la autoconversación positiva
Do something kind for someone	Hacer algo amable por alguien
Listen to music	Escuchar música
Social Interaction	Interacción social
Watch a TV show/movie	Mirar un programa de televisión o una película
Color	Colorear
Do an art or craft	Hacer una actividad artística o manualidad
Breathe/stretch	Respirar/estirarse
Try a breathing exercise	Intentar un ejercicio de respiración
Go outside - get fresh air	Salir afuera y tomar aire fresco
Bake/Cook simple or challenging	Hornear/cocinar algo sencillo o difícil

### Prizes

English	Español
Fuzzy socks	Calcetines peludos
Soccer ball	Pelota de fútbol
Gratitude journal	Diario de gratitud
Bullet journal	Diario de viñetas
Speed jump rope	Cuerda de saltar
Yoga ball	Pelota de yoga

Medicine ball	Balón medicinal
Basketball	Pelota de básquetbol
Yoga mat	Esterilla de yoga
Bath bomb	Bomba de baño
Epsom salt	Sal de Epsom
Eye mask	Mascarilla para los ojos
Foam roller for stretching	Rodillo de espuma para hacer estiramientos
Mandala coloring book	Libro de mandalas para colorear
Disc golf Frisbee set	Juego de Frisbee de disc golf
Art kit	Kit de arte
Hula hoop	Hula hoop
Resistance bands	Bandas de resistencia
Wireless karaoke mic	Micrófono de karaoke inalámbrico
Paint by number	Pintura por números
Sketch book & drawing pencils	Libro de bocetos y lápices de dibujo
\$10 gift card (Jamba Juice, iTunes, Subway, Fred Meyer, Amazon, Barnes & Noble)	Tarjeta de regalo de 10 dólares (Jamba Juice, iTunes, Subway, Fred Meyer, Amazon, Barnes & Noble)
While supplies last.	Hasta que se agoten las existencias.

## [How to participate](#)

English	Español
Take a picture/video of you completing each challenge, cross it off your BINGO card, and tag @teensfortomorrowclarkcounty for a chance to win a prize!	Toma una foto o un video cuando estés completando cada reto, táchalo de tu tarjeta de BINGO y etiqueta a @teensfortomorrowclarkcounty para tener la oportunidad de ganar un premio.
What's a BINGO?	¿Qué es un BINGO?
5 squares in a row: top to bottom, side to side, or diagonal!	5 casillas seguidas: de arriba abajo, de lado a lado, o en diagonal.
What's a blackout?	¿Qué es un "blackout"?
All the squares!	¡Todas las casillas!
When you finish a challenge, mark it off our BINGO card any way you like!	Cuando termines un reto, ¡márcalo en tu tarjeta de BINGO de la forma que quieras!
Send us an email like this!	¡Envíanos un correo electrónico como éste!
To: [primary email address]	A: [primary email address]
CC: theirhandle123@gmail.com	CC: suhandle123@gmail.com
Subject: Better You BINGO Challenge	Asunto: Reto BINGO "Better You"
I participated in the Better You BINGO Challenge. I did "Read" and read a few	Participé en el Reto BINGO "Better You". Hice el reto de "Leer" y leí algunos capítulos



chapters of my favorite book.	de mi libro favorito.
Let us know which challenge you did and how it went! Remember to attach a picture of your BINGO card and picture/video/anecdote.	¡Cuéntanos qué reto hiciste y cómo te fue! Recuerda adjuntar una foto de tu tarjeta de BINGO y una foto/video/anécdota.
CC a friend for an extra ticket!	¡Copia (CC) a un amigo para obtener un boleto extra!
Must be between 12-19 & live in Clark County	Debes tener entre 12 y 19 años y vivir en el condado de Clark
Must tag @[yourhandlehere]	Debes etiquetar a @[yourhandlehere]
Make a post or story showing the challenge you completed (images do not need to show your face or identity) and add this caption:	Haz una publicación o crea una historia mostrando el reto que has completado (las imágenes no tienen que mostrar tu cara o identidad) y añade esta leyenda:
"I'm participating in the Better You BINGO Challenge. I did [activities you did and quick description]."	"Estoy participando en el Reto BINGO 'Better You'. Hice [actividades que hiciste y descripción rápida]".
Screenshot the BINGO card at the end of the carousel OR download it from our website (link in BIO)!	Haz una captura de pantalla de la tarjeta de BINGO al final del carrusel o descárgala de nuestro sitio web (enlace en la biografía).
When you finish a challenge, edit your BINGO card and upload it to Instagram <u>OR</u> upload and edit your card directly on Instagram if you're sharing it to your story. Mark it any way you like!	Cuando termines un reto, edita tu tarjeta de BINGO y súbela a Instagram <u>Q</u> sube y edita tu tarjeta directamente en Instagram si la compartes en tu historia. ¡Márcala como quieras!
WITH YOUR BINGO CARD, include a photo, video, or anecdote (you can choose whether to show your face).	CON TU TARJETA DE BINGO, incluye una foto, un video o una anécdota (puedes elegir mostrar tu cara o no).
Caption it like this! Let us know which challenge you did and how it went!	¡Ponle un título así! ¡Cuéntanos qué reto hiciste y cómo te fue!
yourhandle123 I'm participating in the Better You BINGO Challenge. I did "Read" and read a few chapters of my favorite book. I nominate @theirhandle123 @[yourhandlehere]	tuhandle123 Estoy participando en el Reto BINGO "Better You". Hice el reto de "Leer" y leí algunos capítulos de mi libro favorito. Nomino a @suhandle123 @[yourhandlehere]
Nominate a friend to earn more tickets!	¡Nomina a un amigo para ganar más boletos!
Tag @[yourhandlehere] so we can see you completed the challenge.	Etiqueta a @[yourhandlehere] para que podamos ver que completaste el reto.

## How to earn tickets

English	Español
Multiple ways to enter drawing!	¡Múltiples maneras de participar en el

	sorteo!
Complete your first BINGO square and earn	Completa tu primera casilla de BINGO y gana
1 ticket	1 boleto
Complete your first BINGO and earn	Completa tu primer BINGO y gana
3 more tickets	3 boletos más
Complete a blackout and earn	Completa un "blackout" y gana
5 more tickets	5 boletos más
Nominate a friend to start a BINGO card	Nomina a un amigo para que empiece una tarjeta de BINGO
and earn [number of tickets] for each friend you CC when you email us	y gana [number of tickets (boleto/boletos)] por cada amigo a quien copies (CC) cuando nos envíes un correo electrónico
<u>You can do one, some, or all!</u>	<u>¡Puedes hacer uno, varios o todos!</u>
Completing just one BINGO square is guaranteed to enter you in the drawing. Doing more (BINGO, blackout, nominating friends) earns you more tickets!	Completar sólo una casilla de BINGO te garantiza entrar en el sorteo. Si haces más cosas (BINGO, "blackout", nominar a amigos), ¡ganarás más boletos!
One more way to Enter...	Una forma más de participar...
Share any of our Better You BINGO campaign posts on your story, tag us @[yourhandlehere], and earn 1 ticket and a chance to win a prize!	Comparte cualquiera de nuestras publicaciones de la campaña BINGO "Better You" en tu historia, etiquétanos @[yourhandlehere], y gana un boleto y una oportunidad de ganar un premio.

## Extras

English	Español
My email address is _____	Mi dirección de correo electrónico es _____
Better You BINGO	BINGO "Better You"
Clark County Youth (12-19)	Jóvenes del condado de Clark (12-19)
Want a chance to win your choice from this list of prizes?	¿Quieres tener la oportunidad de ganar tu elección de esta lista de premios?
Entry Rules:	Normas de participación:
(instructions on other side)	(instrucciones en el otro lado)
Drawing	Sorteo
Starts 4/20	Comienza el 20/4
Ends 5/20	Termina el 20/5
Sponsored by	Patrocinado por
This is not sponsored or endorsed by any Clark County public school district	No está patrocinado ni respaldado por ningún distrito escolar público del condado de Clark
Questions?	¿Tienes preguntas?

Email: [primary email address]	Envía un correo electrónico a: [primary email address]
Visit: [website]	Visita: [website]
Swipe to learn how!	¡Desliza para saber cómo!
(Keep swiping...)	(Sigue deslizando...)

[logo]

[Organization name] presents

# Better You BINGO

Hydrate	Sing or create music	Meditate/ mindfulness	Visualization strategies	<b>YEAH</b>
Make a list of gratitude	Dance	Reflect on your week- write it down	<b>YEAH</b>	Give thanks to someone you look up to
Take a walk outside	Read cheesy jokes until you smile	<b>YEAH</b>	10+ mins of movement	Use positive self talk
Do something kind for someone	<b>YEAH</b>	Social Interaction	Watch a TV show/ movie	Color
<b>YEAH</b>	Breathe/ stretch	Try a breathing exercise	Go outside - get fresh air	Bake/cook simple or challenging

Designed by Clark County Teens for

**THANK YOU!**



Made possible with the support from the Clark County Youth House and Clark County Community Services.

