

Connected for PREVENTION

Substance Abuse Prevention Month Bingo

Learn something from an elder	1 Complete number 1 on back side of page	Cook/eat traditional food with a loved one	2 Complete number 2 on back side of page	Spend time on the land or water
3 Complete number 3 on back side of page	Tell a younger person something you are proud of them for	Teach someone a traditional skill you know	Check in with someone you haven't talked to in a while	4 Complete number 4 on back side of page
Make something with your hands	5 Complete number 5 on back side of page	FREE	Think of three things you are grateful for	Do something active you enjoy
Go for a walk outside with a friend	Make sure medications are stored safely in your home	6 Complete number 6 on back side of page	Do something helpful for someone in your community	Meditate for 10 minutes
7 Complete number 7 on back side of page	Read for 30 minutes (or more!)	Participate in a subsistence activity	8 Complete number 8 on back side of page	Practice traditional drumming, dancing, or singing

See reverse side for submission details & corresponding activities for numbered squares

Fill in the blanks for the numbered squares you wish to complete.

- 1 Who could you contact locally if you or someone you love needed help with substance use? _____
- 2 Where can you access Narcan/Naloxone in your community?

- 3 Write down one healthy way you cope when you're stressed:

- 4 Write down one cultural activity that helps you feel grounded:

- 5 Who is one person you can talk to when you are having a hard time?

- 6 Name three signs of opioid overdose:

- 7 What is one reason asking for help can be difficult?

- 8 Narcan/Naloxone is used to help with the reversal of what type of overdose? _____

HOW TO ENTER

Complete 5 squares in a row — across, down, or diagonal — to earn an entry into the prize raffle!

- ☞ BONUS: Complete the entire card (blackout) to earn one extra raffle entry.

When you're finished, submit your completed Bingo card by:

November 6, 2026 to wellness@kawerak.org

Participants will be entered to win prizes including *binoculars, winter gloves, kids' sleds, and more!*

Have fun, learn something new, and help strengthen substance use prevention in our communities!

HAVE QUESTIONS?

Contact Sara Barron with Kawerak Wellness at wellness@kawerak.org or call (907) 443-4397