



# INUIT DIABETES NETWORK

## Instruction sheet

### Introduction

The Inuit Diabetes Network (IDN) represents four Inuit Nunangat regions, as well as the National Inuit Organizations. IDN envisions healthy, active Inuit communities in the Canadian Arctic.

This interactive game teaches healthy, active living including careers, relationships, healthy activities, traditional Inuit items and food.

The game is suitable for people age 5 and up. Up to 15 people (*or more if players share cards*) may play at one time.

### Materials

Included with the game

- Caller's cards (*1 copy made up of 5 separate cards*)
- Player's playing cards (*15 copies*)
- Caller's playing pieces (*blue and white sheets*)
- Small plastic bag (*to store caller's pieces*)

### You will be required to supply

Bingo chips (*dried beans, small pebbles, bones*)

A container – a bowl, large jar, hat or box

**Prizes** (*see suggestions below*)

### Set Up

The first time this game is played, cut along the dotted lines of the black and white caller's pieces sheet.

Put these pieces into the container being used and shake. Lay out the caller's card which will be used to display the black and white pieces as the game is played. Give each player a playing card and 10 to 20 bingo chips.

### Playing the Game

As each piece is drawn, call out the category to which it belongs then call out the image shown on the piece.

For example: Under "Healthy Activities" – "Swimming".

For a more advanced game, call the name of the piece, without calling the category name.

The rounds play quickly so be prepared for several rounds, as time permits.

If any of the players have trouble reading/seeing assign them to play in pairs with someone who can assist them.

### Winning the Game

The first person to get a straight-line bingo (*5 across, down or diagonal*) is a winner. Some games could also be for a blackout bingo, first person to cover all the playing spaces wins. To confirm the winner, compare the player's covered spaces with the black and white pieces on the caller's card.

### Suggestions for prizes

If prizes are available, put them on display to create excitement and allow the winners to choose their own.

CD of throat singing or dance music  
House cleaning items  
Book on Arctic birds, fish or animals  
Fresh or dried fruit  
Grocery store gift certificate  
Dried meat or fish  
Lunch bags

Kitchen gadgets or utensils  
Cookbooks or recipes  
Sports item such as hockey pucks  
or a soccer ball  
Skipping rope  
Art materials