

PIC-TAC-TOE ©

a pictorial bingo game

FIRST PRINT:

1. Print the next 2 pages (PIC-TAC-TOE cards) on heavy card stock and cut on the dotted line.
2. Print pages 4 and 5 (call cards) on business card stock.

THEN PLAY:

Choose one player to be the 'caller.'

'Caller' mixes the 'call' cards and draws them one at a time.

Depending on the ages of the players the 'caller' either:

- asks the question on the card,
- names the object,
- or shows the picture.

The other players choose a PIC-TAC-TOE card;

as in regular bingo the space matching the called card is covered (use poker chips).

Three in a row? Call **PIC-TAC-TOE!**

Or cover the whole card. Have fun!

PIC-TAC-TOE © by Sandra J. Hollenberg. www.grandmasandy.com

Sandra J. Hollenberg is the author of MY OWN TYPE 1 DIABETES BOOK
and MY OWN BOOK. ABOUT PUMPING

Please note that this game was prepared for free downloading.



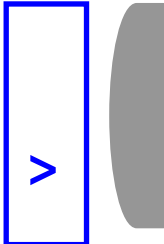
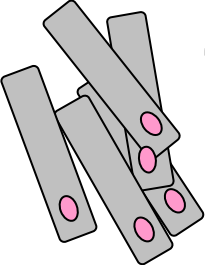
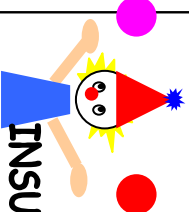
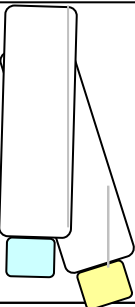
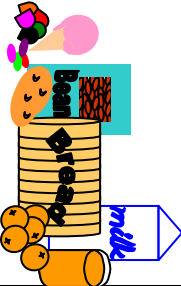
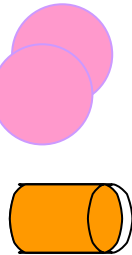
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IT MAY NOT BE SOLD

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a pictorial bingo game for diabetes awareness

		
<p>THE LABEL</p> <div style="border: 1px solid red; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Total Fat 1g 2%</p> <p>Total Carb. 33g 11%</p> <p>Fiber 2g 8%</p> <p>Sugar 1g</p> <p>Protein 7g</p> </div>	<p>TEST STRIPS</p> 	<p>INSULIN, DIET and EXERCISE</p> 
<p>INSULIN</p> 	<p>CARBOHYDRATES</p> 	<p>QUICK-ENERGY FOOD</p> 

cover the pictures that match the called card

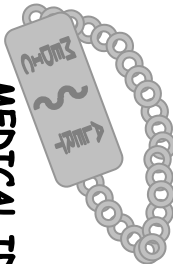
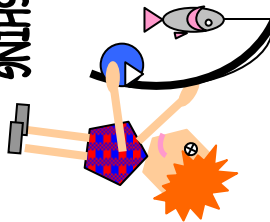
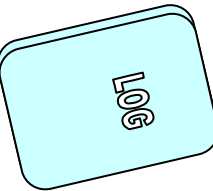
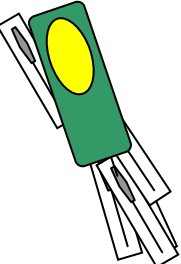
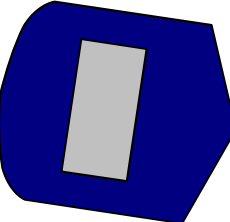
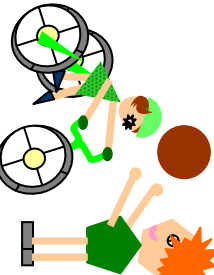


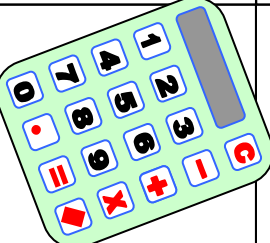
Three in a row? Call

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<p>MEDICAL ID BRACELET</p> 	<p>FISHING</p> 	<p>DIABETES LOG or NOTEBOOK</p> 
<p>LANCETS</p> 	<p>GLUCOSE METER</p> 	<p>EXERCISE</p> 
<p>FRIENDS</p> 	<p>FOOD TREE</p> 	<p>CALCULATOR</p> 

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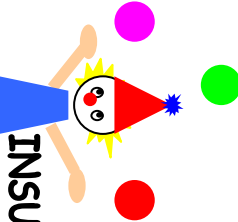

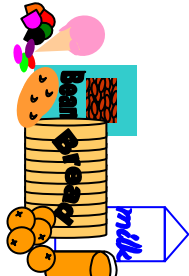
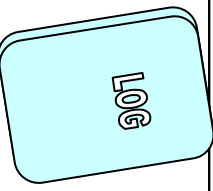
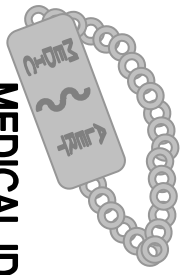
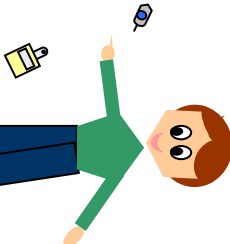
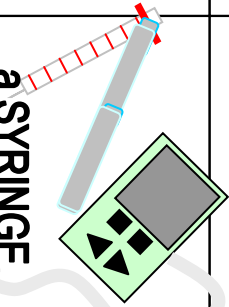
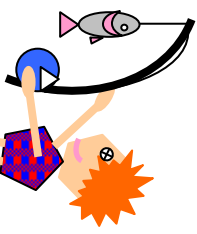
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 <p>INSULIN, DIET and EXERCISE</p>	 <p>FRIENDS</p>	 <p>CARBOHYDRATES</p>
 <p>DIABETES LOG or NOTEBOOK</p>	 <p>MEDICAL ID BRACELET</p>	 <p>BLOOD CHECKS</p>
<div style="border: 1px solid red; padding: 5px; margin-bottom: 10px;"> <p>Total Fat 1g 2% Total Carb. 33g 11% Fiber 2g 8% Sugar 1g Protein 7g</p> </div> <p>THE LABEL</p>	 <p>a SYRINGE, PEN or PUMP</p>	 <p>FISHING</p>

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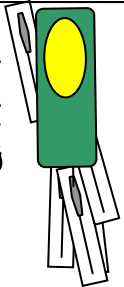
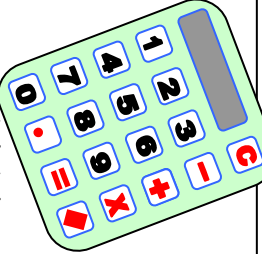
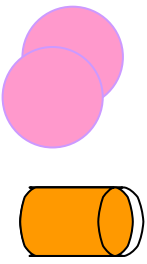
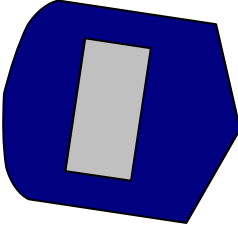
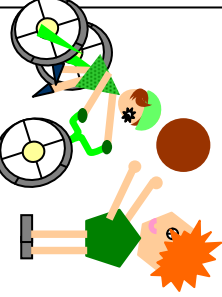
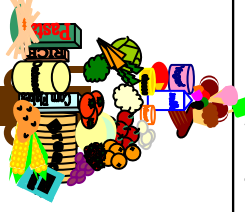
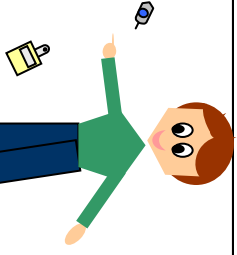
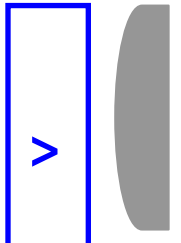
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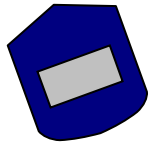
	 <p>LANCETS</p>	 <p>CALCULATOR</p>
 <p>QUICK-ENERGY FOOD</p>	 <p>GLUCOSE METER</p>	 <p>EXERCISE</p>
 <p>FOOD TREE</p>	 <p>BLOOD CHECKS</p>	 <p>FOOD SCALE</p>

cover the pictures that match the called card

Three in a row? Call

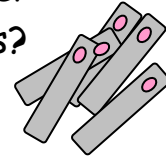
PIC-TAC-TOE

What measures blood sugar?



a GLUCOSE METER
or MONITOR

What do you put in the glucose meter for blood checks?



TEST STRIPS

Check blood glucose before and after -



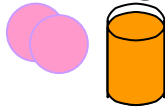
EXERCISE

What is used to prick fingers for blood checks?



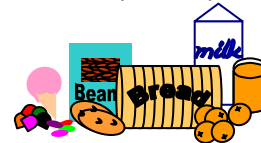
LANCETS

What should you take when your blood glucose is low?



QUICK-ENERGY FOOD

What type of food do you count to help stay 'balanced'?



CARBOHYDRATES

What tool helps calculate the correct insulin dose?



a CALCULATOR

What can you wear so people may know you have diabetes?



A MEDICAL ID
BRACELET

What needs to be done to know if blood sugar is 'in target'?



BLOOD CHECKS

What do you need to keep a record of your insulin, diet and exercise?



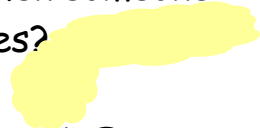
a LOG or NOTEBOOK

What must you inject if you have type 1 diabetes?



INSULIN

What organ isn't working properly when someone has diabetes?



The PANCREAS

What must you balance to stay healthy?

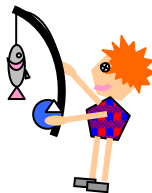


INSULIN
DIET and EXERCISE

Diabetes changes the way you use -



You can't catch diabetes -



it's not like -
FISHING

A tool that helps count carbs is . . .



a FOOD SCALE

What may remind us of the healthy foods we should pick to eat?



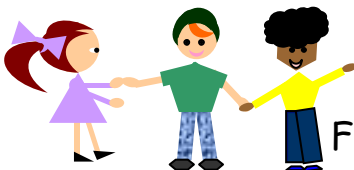
a FOOD TREE

What should you read before eating packaged

Total Fat 1g	2%
Total Carb. 33g	11%
Fiber 2g	8%
Sugar 1g	
Protein 7g	

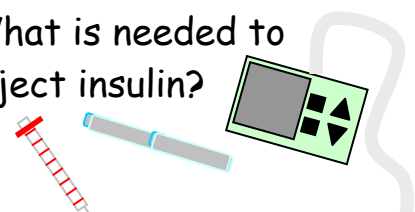
The LABEL

Who can help if they know about diabetes?



FRIENDS

What is needed to inject insulin?



a SYRINGE, PEN or PUMP