Stress Less Bingo

Take a 20 Min. Walk	15 Min. Body Scan	Do a Devotional	Make a List AND Complete It	Journal(Brain Dump)
Clean a Bathroom	Read Scripture for 15 Mins	Lectio Divina Scripture Meditation	7 Min Body Scan	Make Stress Ball
Pressure Points	Talk to Teacher or Counselor	**FREE**	Any Guided Meditation	Guided Bedtime Meditation
Guided Morning Meditation	Practice Deep Breathing	Imaginative Garden Prayer	Go outside and read/write for 15 Mins.	Journal(Brain Dump)
Exercise for 20 Min.	Clean Your Bedroom	Lectio Divina Scripture Meditation	Yoga for 15 Mins	Color a Picture

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Stress Less Bingo

Talk to Teacher or Counselor	7 Min Body Scan	Make a List AND Complete It	Clean a Bathroom	Lectio Divina Scripture Meditation
Do a Devotional	Yoga for 15 Mins	Journal(Brain Dump)	Clean Your Bedroom	Make Stress Ball
Guided Morning Meditation	Any Guided Meditation	**FREE**	Guided Bedtime Meditation	15 Min. Body Scan
Go outside and read/write for 15 Mins.	Lectio Divina Scripture Meditation	Take a 20 Min. Walk	Color a Picture	Practice Deep Breathing
Imaginative Garden Prayer	Journal(Brain Dump)	Pressure Points	Read Scripture for 15 Mins	Exercise for 20 Min.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Stress Less Bingo

Clean Your Bedroom	Lectio Divina Scripture Meditation	7 Min Body Scan	Journal(Brain Dump)	Any Guided Meditation
Take a 20 Min. Walk	Guided Morning Meditation	Imaginative Garden Prayer	Read Scripture for 15 Mins	Journal(Brain Dump)
Pressure Points	Color a Picture	**FREE**	Practice Deep Breathing	Go outside and read/write for 15 Mins.
Talk to Teacher or Counselor	Make Stress Ball	Make a List AND Complete It	Yoga for 15 Mins	Do a Devotional
Guided Bedtime Meditation	15 Min. Body Scan	Lectio Divina Scripture Meditation	Clean a Bathroom	Exercise for 20 Min.

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved