

SEED De-Stress Bingo Winter

Talk to a Friend or Family Member	Box Breathing	Enjoy a Healthy Snack	Squeeze a stress Ball	Listen to music
Do a Random Act of Kindness	Take a time out	Read something enjoyable	Breath Prayer	Sing Your Favorite Song
Take a Nap	Try a New Workout	FREE	Color or paint	Go for a walk
Journaling	Stretch Your Body	Listen to Your Favorite Song	Go Outside	Play a game
Get 8 Hours of Sleep	Dance to Your Favorite Music	Repeat a Biblical affirmation	Watch a Movie	Drink a Seasonal Beverage

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Try a New Workout	Breath Prayer	Squeeze a stress Ball	Do a Random Act of Kindness	Read something enjoyable
Enjoy a Healthy Snack	Watch a Movie	Listen to music	Dance to Your Favorite Music	Sing Your Favorite Song
Journaling	Color or paint	FREE	Go for a walk	Box Breathing
Go Outside	Repeat a Biblical affirmation	Talk to a Friend or Family Member	Drink a Seasonal Beverage	Stretch Your Body
Listen to Your Favorite Song	Play a game	Take a Nap	Take a time out	Get 8 Hours of Sleep

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Dance to Your Favorite Music	Repeat a Biblical affirmation	Breath Prayer	Play a game	Color or paint
Talk to a Friend or Family Member	Journaling	Listen to Your Favorite Song	Take a time out	Listen to music
Take a Nap	Drink a Seasonal Beverage	FREE	Stretch Your Body	Go Outside
Try a New Workout	Sing Your Favorite Song	Squeeze a stress Ball	Watch a Movie	Enjoy a Healthy Snack
Go for a walk	Box Breathing	Read something enjoyable	Do a Random Act of Kindness	Get 8 Hours of Sleep