

Stress Management BINGO

watch a movie	10 deep breaths	get help	sleep	play a game
exercise	walk away	read	do something different	sing
talk to a friend	do something kind	FREE SPACE	pop bubble wrap	laughing
music	someone to talk to	paint	shopping	stress ball
have a cuppa	go for a walk	play outside	draw	eat healthy

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pop bubble wrap	play a game	do something kind	talk to a friend	draw
sleep	laughing	music	walk away	do something different
write a story or poem	play outside	FREE SPACE	exercise	get help
shopping	sing	read	someone to talk to	eat healthy
10 deep breaths	watch a movie	yoga	get creative	go for a walk

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pop bubble wrap	exercise	shopping	get creative	do something different
10 deep breaths	yoga	write a story or poem	eat healthy	walk away
friends	someone to talk to	FREE SPACE	paint	sing
play outside	music	laughing	do something kind	stress ball
draw	talk to a friend	play a game	get help	read