

# Stress"Less" BINGO

|                   |                         |                                  |                       |                   |
|-------------------|-------------------------|----------------------------------|-----------------------|-------------------|
| Use a Stress Ball | Count to 20             | Exercise                         | Take a Nap            | Read              |
| Draw a Picture    | Use Imagery             | Sing                             | Dance                 | Take Deep Breaths |
| Talk to a Friend  | Watch a Movie           | FREE SPACE                       | Do Something You Love | Listen to Music   |
| Meditate          | Talk to a Family Member | Perform a Random Act of Kindness | Just Say No           | Relax Your Body   |
| Go for a Walk     | Do Yoga                 | Smile!                           | Write in a Journal    | Eat Healthy       |

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|                                  |                       |                   |                 |                         |
|----------------------------------|-----------------------|-------------------|-----------------|-------------------------|
| Watch a Movie                    | Dance                 | Take a Nap        | Draw a Picture  | Sing                    |
| Exercise                         | Write in a Journal    | Read              | Do Yoga         | Take Deep Breaths       |
| Meditate                         | Do Something You Love | FREE SPACE        | Listen to Music | Count to 20             |
| Just Say No                      | Smile!                | Use a Stress Ball | Eat Healthy     | Talk to a Family Member |
| Perform a Random Act of Kindness | Relax Your Body       | Talk to a Friend  | Use Imagery     | Go for a Walk           |

# Stress"Less" BINGO

|                   |                   |                                  |                         |                       |
|-------------------|-------------------|----------------------------------|-------------------------|-----------------------|
| Do Yoga           | Smile!            | Dance                            | Relax Your Body         | Do Something You Love |
| Use a Stress Ball | Meditate          | Perform a Random Act of Kindness | Use Imagery             | Read                  |
| Talk to a Friend  | Eat Healthy       | FREE SPACE                       | Talk to a Family Member | Just Say No           |
| Watch a Movie     | Take Deep Breaths | Take a Nap                       | Write in a Journal      | Exercise              |
| Listen to Music   | Count to 20       | Sing                             | Draw a Picture          | Go for a Walk         |