Prof.Breana White Stress Bingo

Use a Stress Ball	Aromatheraphy	Journal	Sing	Random Act of Kindness
Good Night Sleep	Time Manage	Say positive things about yourself	Do Yoga	Set a Goal
Talk with Friends	Watch a Funny Movie	Draw	Paint	Enjoy Nature
Play a Game	Take 10 Deep Breaths	Play a Sport	Take a Walk	Make a Music Playlist
Read a Book	Laugh	Drink Water	Send a loved one a appreciation message	Meditate

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Aromatheraphy	Play a Sport	Good Night Sleep	Read a Book	Use a Stress Ball
Drink Water	stress ball	Watch a Funny Movie	Draw	Sing
Say positive things about yourself	Journal	Do Yoga	Enjoy Nature	Paint
Play a Game	Meditate	Make a Music Playlist	Set a Goal	Send a loved one a appreciation message
Time Manage	Take a Walk	Talk with Friends	Random Act of Kindness	Laugh

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Drink Water	Send a loved one a appreciation message	Do Yoga	Read a Book	Draw
Time Manage	Use a Stress Ball	Paint	Play a Sport	Talk with Friends
Take a Walk	Good Night Sleep	Make a Music Playlist	Watch a Funny Movie	Healthy Diet
Set a Goal	Sing	stress ball	Take 10 Deep Breaths	Journal
Meditate	Random Act of Kindness	Enjoy Nature	Aromatheraphy	Say positive things about yourself

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