



Stress Management Bingo

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 24 events:

Do Yoga, Draw, Drink Water, Enjoy Nature, Good Night Sleep, Healthy Diet, Journal, Laugh, Make a Music Playlist, Music, Music, Paint, Play a Game, Play a Sport, Random Act of Kindness, Read a Book, Set a Goal, Sing, Take 10 Deep Breaths, Take a Walk, Talk with Friends, Time Manage, Use a Stress Ball, Watch a Funny Movie.



Stress Management Bingo

Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



Use a Stress Ball	Read a Book	Random Act of Kindness	Make a Music Playlist	Do Yoga
Set a Goal	Laugh	Play a Game	Sing	Time Manage
Take 10 Deep Breaths	Drink Water	Healthy Diet	Journal	Play a Sport
Good Night Sleep	Draw	Music	Talk with Friends	Enjoy Nature
Paint	Music	Take a Walk	Watch a Funny Movie	

B	I	N	G	O
Journal	Paint	Good Night Sleep	Use a Stress Ball	Take 10 Deep Breaths
Watch a Funny Movie	Talk with Friends	Sing	Music	Drink Water
Read a Book	Laugh	FREE	Play a Sport	Draw
Healthy Diet	Music	Take a Walk	Play a Game	Do Yoga
Make a Music Playlist	Set a Goal	Enjoy Nature	Time Manage	Random Act of Kindness

This bingo card was created randomly from a total of 24 events.

Do Yoga, Draw, Drink Water, Enjoy Nature, Good Night Sleep, Healthy Diet, Journal, Laugh, Make a Music Playlist, Music, Music, Paint, Play a Game, Play a Sport, Random Act of Kindness, Read a Book, Set a Goal, Sing, Take 10 Deep Breaths, Take a Walk, Talk with Friends, Time Manage, Use a Stress Ball, Watch a Funny Movie.

B	I	N	G	O
Paint	Journal	Take a Walk	Talk with Friends	Read a Book
Use a Stress Ball	Drink Water	Play a Sport	Do Yoga	Draw
Laugh	Music	FREE	Time Manage	Healthy Diet
Random Act of Kindness	Make a Music Playlist	Play a Game	Watch a Funny Movie	Good Night Sleep
Sing	Enjoy Nature	Set a Goal	Music	Take 10 Deep Breaths

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Do Yoga, Draw, Drink Water, Enjoy Nature, Good Night Sleep, Healthy Diet, Journal, Laugh, Make a Music Playlist, Music, Music, Paint, Play a Game, Play a Sport, Random Act of Kindness, Read a Book, Set a Goal, Sing, Take 10 Deep Breaths, Take a Walk, Talk with Friends, Time Manage, Use a Stress Ball, Watch a Funny Movie.