



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:



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