Fun with Stress Relief 😊

Goal: Bonding with residents and comic relief during stressful situations, such as exams.

Group Size: Unlimited

Time: Depending on how many activities you choose to do, anywhere from 15 minutes to whenever.

Materials: Handouts, and others that vary for different activities: coloring books, crayons, play-doh, finger-paint, cookies, milk, hula hoops, cd's/cd player. Almost all of these things can be checked out from the PRC!

Setting: A room large enough for your entire group to get up and dance in. If painting, you may want a room that is not carpeted.

Activity Set-up:

I. This is basically just an assortment of fun activities that relieve stress & take the student’s mind off of problems they may be facing at the time.

II. Activities include:
   a. Coloring books
   b. Making quotes
   c. Play-doh
   d. How many hats do you wear?
   e. Massages
   f. Stress sing-along
   g. Fingerpainting
   h. Cookies and milk
   i. Hula hoops
   j. Interpretive Dance