

Mindfulness Bingo

Complete a horizontal or vertical set of
4 & reward yourself generously

Mindful Journaling	Mindful Nature Walk	Mindful eating	Mindful Surrounding Observation
Mindful & relaxing Shower	Mindful Breathing	Gratitude Listening	Mindful act of Kindness
Engage the 5 senses	Mindful reading	Mindful organizing	Mindful Exercise
Mindful Meditation	Mindful Conversation	Smile at someone	Mindful Listening

