**MINDFULNESS BINGO**

**Directions: Each day, complete 4 activities in a row. Color the box after the activity is completed.**

**Questions to ask: How are you feeling as you complete the activities? What are you noticing about yourself?**

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| **Do a mindful body scan. Pay attention to each area of your body one at a time and see what you notice.** | **Blow bubbles in slow motion taking big deep breaths in and slowly blowing them out.**  | **Go on a mindful nature walk. Look at the beauty of nature around you.** | **Look up at the sky and simply watch. Notice the clouds. Notice the birds.**  |
| **Lie down and put a stuffed animal on your belly. Breathe slowly, watching your stuffed animal rise and fall.** | **Practice mindful eating. Eat slowly and notice the textures and sensations o your food.** | **Express gratitude for something in your current environment.** | **Look at the night sky. Notice the stars and the moon.** |
| **Press your palms together and gently press for 5 seconds and then release. Repeat this a few times and notice how your body feels.** | **Look around your space and find 5things that have different textures. Touch them and notice how their textures feel on your hand.**  | **Sit outside and listen to the sounds in nature for 5 minutes.** | **Draw a picture to represent how you are feeling right now.** |
| **Sit comfortably. Find your pulse and notice your heartbeat. Just notice and tune in to it for a few minutes.** | **Go for a rainbow walk around your neighborhood. Find something of each color of the rainbow.**  | **Practice finger breathing. Hold 1 hand out and trace around your fingers as you breathe. Inhale up the finger, exhale down the finger.** | **Sit comfortably. Breathe in deeply and notice any smells in your environment. What scents do you smell?** |