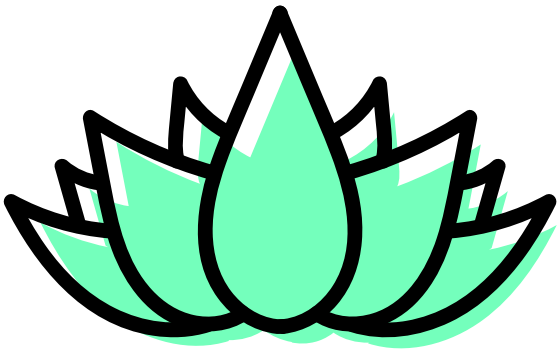
MINDFULNESS BINGO



Take 5 deep breaths and notice the sensations.	Do a 5-minute body scan meditation.	Practice mindful walking for 10 minutes.	Stretch or do light yoga while focusing on your breath.	Spend 5 minutes observing a plant or nature.
Sit quietly and listen to the sounds around you.	Watch the clouds for a few minutes and describe their shapes.	Notice 5 things you can see, hear, and feel right now.	Write down three things you're grateful for.	Reflect on one thing that brought you joy this week.
Send a kind message to someone you appreciate.	Journal for 10 minutes about how you're feeling.		Try a new fruit or vegetable mindfully.	Chew each bite slowly, noticing textures and flavors
Hold an object and describe its texture, weight, and color.	Spend 5 min watching your pet or an animal's movements.	Step outside and feel the air on your skin.	Meditate on a word or mantra for 5 minutes.	Take 10 minutes to sit in silence.
Do a creative activity (drawing, coloring, etc.).	Take a mindful bath or shower, noticing the water's feel.	Light a candle and watch the flame while breathing deeply.	Watch the clouds for a few minutes and describe their shapes.	Notice 5 things you can see, hear, and feel right now.

Pause, Breathe, and Be Present - One Square at a Time.