



Mindful Bingo

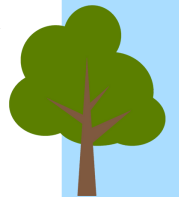
Cross off or circle when you find the thing or activity listed in the square. When you get 4 in a row or 4 corners, yell "BINGO" and show your sheet to the adult in the group. Pay attention on purpose to things you notice around you with kindness and curiosity!

Notice someone doing something kind for someone else

Stop & listen to a bird's song

Pay attention to how you feel today & tell someone

Find a tree & do the tree yoga pose next to it



Take 3 deep breaths while smelling something you like

Notice the shapes of the clouds & how many you see

Do something kind for someone else

Take 5 mindful breaths

Say something nice to someone

Draw a happy picture or kind thought in chalk on the sidewalk

Notice an animal you've never seen before

Take off your shoes & wiggle your toes in the grass or sand

Meet a new person & find out their favorite animal

Try something new

Pick up a piece of litter & throw it in the garbage

Eat a snack mindfully

