



Mindful Bingo

Name 5 things you smell	Practice a meditation of your choice	Stand on one leg for 10 seconds and balance.	Practice a 10 minute awareness of breath meditation	Bring mindfulness to one regular activity
Pause and notice if any thoughts are showing up	Hold ice in palm of left hand for 1 minute, and notice any sensations	Take 3 mindful breaths	Go for a walk in nature	Name 5 things you see
Listen wholeheartedly to someone who is talking	Mindfully listen to any sounds coming from outside	Eat a meal with no distractions, paying attention to the food	Pause and notice any body sensation showing up	Focus on your outbreath and if any sensations arise
Focus on your inbreath and notice if any sensations arise	Look at something close up- see if you notice anything different	Practice a 10 minute body scan meditation	Take 10 mindful steps	Pause and notice the sounds around you. What are you hearing, what do you feel?
Bring mindfulness to one regular activity	Practice a 10 minute breathing meditation	Name 5 things you hear	Take 3 mindful breaths before you eat a meal	Practice a meditation of your choice