

Mindfulness Bingo

Walk mindfully	Be mindful of current emotion	Accept your thoughts	Fully take in your environment	Radical Acceptance of Reality
Make a list of things that went well today	Do something kind for a stranger	Take a powernap	One thing at a time	Eat mindfully
Prayer	Take a break from technology	FREE	Clean your home	Non-judgmentally Observe
Journal about how you feel	Listen mindfully	Self Soothe with five senses	Love something about yourself	Practice affirmations
Set a goal	Guided Imagery	Give yourself a compliment	Meditate	Get a goodnight's sleep

Mindfulness Bingo

Clean your home	Do a bodyscan	Non-judgmentally Observe	Make a list of things that went well today	Love something about yourself
Build positive experiences	Take a break from technology	Radical Acceptance of Reality	Journal about how you feel	Listen mindfully
Take a powernap	Be mindful of current emotion	FREE	Walk mindfully	Meditate
Live in the moment	Eat mindfully	Get a goodnight's sleep	Practice affirmations	Write down what you're grateful for
Prayer	One thing at a time	Set a goal	Do something kind for a stranger	Accept your thoughts

Mindfulness Bingo

Love something about yourself	Do something kind for a stranger	Non-judgmentally Observe	Validate yourself	Clean your home
Write down your thoughts	Write down what you're grateful for	Eat mindfully	Build positive experiences	Radical Acceptance of Reality
One thing at a time	Fully take in your environment	FREE	Be mindful of current emotion	Walk mindfully
Make a list of things that went well today	Prayer	Listen mindfully	Journal about how you feel	Give yourself a compliment
Practice affirmations	Set a goal	Live in the moment	Accept your thoughts	Do a bodyscan