

# MINDFUL WALK BINGO

|                                                         |                                                                           |                                             |                                                  |                                                      |
|---------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------|--------------------------------------------------|------------------------------------------------------|
| Shuffle your feet and notice the texture of the ground. | Count 5 breaths.<br>Notice how they feel.                                 | Find something that is your favorite color. | Notice 5 blue things you see                     | Notice 3 things you feel                             |
| Find a painted rock with a statement that speaks to you | Scan the clouds and find something that looks like an image of something. | Notice 4 green things you see               | Count all the colors you can see.                | Notice the texture of the grass                      |
| Find 2 smooth things.                                   | Notice 4 birds.                                                           | <b>FREE</b>                                 | Notice 1 thing you taste                         | Notice two things you smell                          |
| Notice 2 orange things you see                          | Notice 5 sensations you can feel in your body.                            | Notice 3 different types of flowers.        | Notice 4 things you hear                         | Find something that reminds you of someone you love. |
| Find something that reminds you of a good memory.       | Notice 3 yellow things you see                                            | Find 3 bumpy things.                        | Find 5 sticks or rocks and arrange them by size. | Notice 5 different trees.                            |

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|-----------------------------------------------------------|----------------------------------------------------------------|----------------------------------------|---------------------------------------------------------------------------|---------------------------------------------|
| Follow an animal for 3-5 minutes and notice what they do. | Find 2 smooth things.                                          | Notice 1 thing you taste               | Scan the clouds and find something that looks like an image of something. | Count all the colors you can see.           |
| Shuffle your feet and notice the texture of the ground.   | Notice two things you smell                                    | Notice 4 birds.                        | Notice 5 blue things you see                                              | Notice 3 yellow things you see              |
| Notice 2 orange things you see                            | Notice 3 things you feel                                       | <b>FREE</b>                            | Find a painted rock with a statement that speaks to you                   | Find something that is your favorite color. |
| Notice 4 green things you see                             | Take a minute and notice the air around you- How does it feel? | Notice 5 different trees.              | Notice 5 sensations you can feel in your body.                            | Find 3 bumpy things.                        |
| Find 5 sticks or rocks and arrange them by size.          | Notice 4 things you hear                                       | Count 5 breaths. Notice how they feel. | Notice 3 different types of flowers.                                      | Take three deep breaths                     |

# MINDFUL WALK BINGO

|                                                                |                                                                           |                                                |                                                   |                                                         |
|----------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------|---------------------------------------------------------|
| Take a minute and notice the air around you- How does it feel? | Find one thing you hadn't noticed before.                                 | Find 2 smooth things.                          | Notice 5 different trees.                         | Find a painted rock with a statement that speaks to you |
| Notice 4 birds.                                                | Find something that is useful.                                            | Take three deep breaths                        | Count all the colors you can see.                 | Shuffle your feet and notice the texture of the ground. |
| Notice 3 different types of flowers.                           | Find 5 sticks or rocks and arrange them by size.                          | <b>FREE</b>                                    | Notice 5 blue things you see                      | Notice 1 thing you taste                                |
| Find something that is your favorite color.                    | Follow an animal for 3-5 minutes and notice what they do.                 | Count 5 breaths.<br>Notice how they feel.      | Find something that reminds you of a good memory. | Notice 3 yellow things you see                          |
| Notice 4 things you hear                                       | Scan the clouds and find something that looks like an image of something. | Notice 5 sensations you can feel in your body. | Notice 2 orange things you see                    | Notice the texture of the grass                         |