

MINDFUL WALK BINGO

What is the emotion you feel right now?	Notice 1 thing you taste	Notice 4 green things you see	Notice two things you smell	Notice the depth of your breath right now.
Notice 3 things you feel	Take three deep breaths	Notice the texture of the grass	Notice 2 orange things you see	Notice three people.
Say hello to 3 different people.	What just distracted you?	FREE	Notice 2 things that are cold.	Notice 5 different plants.
Notice one smile.	Notice where your mind is right now.	Notice the breeze on your face	Notice 5 blue things you see	Notice the different textures of the path.
Notice 4 things you hear	Notice 3 different types of plants.	Notice the top of your feet.	Where are your thoughts right now?	Notice 3 yellow things you see

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What just distracted you?	Notice 2 orange things you see	Notice two things you smell	Notice 3 things you feel	Notice the texture of the grass
Notice 4 green things you see	Where are your thoughts right now?	Notice the depth of your breath right now.	Notice 3 different types of plants.	Notice three people.
Notice one smile.	Notice 2 things that are cold.	FREE	Notice 5 different plants.	Notice 1 thing you taste
Notice 5 blue things you see	Notice the top of your feet.	What is the emotion you feel right now?	Notice 3 yellow things you see	Notice where your mind is right now.
Notice the breeze on your face	Notice the different textures of the path.	Say hello to 3 different people.	Take three deep breaths	Notice 4 things you hear

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Notice 3 different types of plants.	Notice the top of your feet.	Notice 2 orange things you see	Notice the different textures of the path.	Notice 2 things that are cold.
What is the emotion you feel right now?	Notice one smile.	Notice the breeze on your face	Take three deep breaths	Notice the depth of your breath right now.
Say hello to 3 different people.	Notice 3 yellow things you see	FREE	Notice where your mind is right now.	Notice 5 blue things you see
What just distracted you?	Notice three people.	Notice two things you smell	Where are your thoughts right now?	Notice 4 green things you see
Notice 5 different plants.	Notice 1 thing you taste	Notice the texture of the grass	Notice 3 things you feel	Notice 4 things you hear