

MINDFUL WALK BINGO

Write 4 green things you see	Did you see another person (besides us) out walking?	Notice where your mind is right now.	Write 2 orange things you see	What (if anything) distracted you?
Notice one animal.	Write 3 yellow things you see	Where are your thoughts right now?	Find and notice an insect- what kind?	Write 3 things you physically feel
Write 4 things you hear	How has your mood shifted?	FREE	Pause: is a breeze on your face or is the air still?	Take three deep breaths
Write 3 different trees types you see	Touch a leaf- how does it feels?	Write 1 thing you taste	Notice/Write 3 different types of flowers.	What is the emotion you feel right now?
Notice 3 birds.	Write 3 blue things you see	Notice the depth of your breath right now.	Write two things you smell	Notice the texture of the grass

MINDFUL WALK BINGO

Write 4 things you hear	Write two things you smell	Find and notice an insect- what kind?	Touch a leaf- how does it feels?	Notice one animal.
Write 2 orange things you see	Take three deep breaths	Notice where your mind is right now.	What is the emotion you feel right now?	How has your mood shifted?
Pause: is a breeze on your face or is the air still?	Did you see another person (besides us) out walking?	FREE	Notice/Write 3 different types of flowers.	Write 1 thing you taste
Notice the texture of the grass	Write 4 green things you see	Notice the depth of your breath right now.	Write 3 different trees types you see	Notice 3 birds.
What (if anything) distracted you?	Notice/describe the different textures of the path.	Write 3 things you physically feel	Where are your thoughts right now?	Write 3 yellow things you see

MINDFUL WALK BINGO

Write 3 different trees types you see	Notice/Write 3 different types of flowers.	Write 4 things you hear	Notice the texture of the grass	Write 2 orange things you see
Write 3 blue things you see	Write 3 things you physically feel	Write two things you smell	Touch a leaf- how does it feels?	How has your mood shifted?
Write 1 thing you taste	Find and notice an insect- what kind?	FREE	Pause: is a breeze on your face or is the air still?	Notice where your mind is right now.
Notice/describe the different textures of the path.	What (if anything) distracted you?	Notice 3 birds.	Did you see another person (besides us) out walking?	Write 4 green things you see
Write 3 yellow things you see	Where are your thoughts right now?	Take three deep breaths	What is the emotion you feel right now?	Notice the depth of your breath right now.