

MINDFUL WALK BINGO

What is the emotion you feel right now?	Notice 1 thing you taste	Notice 3 things you feel	Notice the texture of the grass	Notice one animal
Notice 3 blue things you see	Take three deep breaths	Notice the breeze on your face	Notice 2 different cactus	Notice the different textures of the path.
Notice where your mind is right now.	What just distracted you?	FREE	Notice 2 fluffy clouds	Notice 4 green things you see
Notice 4 things you hear	Notice two things you smell	Notice 5 different trees.	Notice 4 birds.	Notice the bottom of your feet.
Notice 3 yellow things you see	Notice 2 orange things you see	Notice the depth of your breath right now.	Where are your thoughts right now? Notice three cars driving by	Notice 3 different types of flowers.

MINDFUL WALK BINGO

What just distracted you?	Notice 2 different cactus	Notice the texture of the grass	Notice 3 blue things you see	Notice the breeze on your face
Notice 3 things you feel	Where are your thoughts right now? Notice three cars driving by	Notice one animal	Notice 2 orange things you see	Notice the different textures of the path.
Notice 4 things you hear	Notice 2 fluffy clouds	FREE	Notice 4 green things you see	Notice 1 thing you taste
Notice 4 birds.	Notice the depth of your breath right now.	What is the emotion you feel right now?	Notice 3 different types of flowers.	Notice two things you smell
Notice 5 different trees.	Notice the bottom of your feet.	Notice where your mind is right now.	Take three deep breaths	Notice 3 yellow things you see

MINDFUL WALK BINGO

Notice 2 orange things you see	Notice the depth of your breath right now.	Notice 2 different cactus	Notice the bottom of your feet.	Notice 2 fluffy clouds
What is the emotion you feel right now?	Notice 4 things you hear	Notice 5 different trees.	Take three deep breaths	Notice one animal
Notice where your mind is right now.	Notice 3 different types of flowers.	FREE	Notice two things you smell	Notice 4 birds.
What just distracted you?	Notice the different textures of the path.	Notice the texture of the grass	Where are your thoughts right now? Notice three cars driving by	Notice 3 things you feel
Notice 4 green things you see	Notice 1 thing you taste	Notice the breeze on your face	Notice 3 blue things you see	Notice 3 yellow things you see