

MINDFUL WALK BINGO

Notice 3 different types of flowers.	Notice 3 things you feel	Notice 5 blue things you see	Notice the different textures of the path.	Where are your thoughts right now? Notice three people out walking.
Notice 1 thing you taste	Notice 4 things you hear	Notice the bottom of your feet.	Notice the depth of your breath right now.	Take three deep breaths
How did you come back?	Notice 4 green things you see	FREE	Notice where your mind is right now.	Identify 2 birds or insects
Notice 2 orange things you see	Notice 4 birds.	Notice the breeze on your face	Notice the texture of the grass	What just distracted you?
How has your mood shifted?	Notice 3 yellow things you see	Notice one dog.	Notice two things you smell	What is the emotion you feel right now?

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How has your mood shifted?	Notice 4 things you hear	Notice the bottom of your feet.	Notice where your mind is right now.	Where are your thoughts right now? Notice three people out walking.
Notice 2 orange things you see	Notice 4 green things you see	Notice 5 blue things you see	Notice the depth of your breath right now.	What just distracted you?
How did you come back?	Notice 4 birds.	FREE	Notice the texture of the grass	Take three deep breaths
Notice 1 thing you taste	Notice 3 things you feel	Notice one dog.	Notice the different textures of the path.	Identify 2 birds or insects
Notice 3 different types of flowers.	Notice 3 yellow things you see	Notice 5 different trees.	Notice two things you smell	What is the emotion you feel right now?

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How did you come back?	Notice 3 things you feel	Notice the breeze on your face	Notice the different textures of the path.	Identify 2 birds or insects
Notice 2 orange things you see	Notice 4 things you hear	Notice 5 different trees.	Notice two things you smell	What just distracted you?
Notice 3 different types of flowers.	Notice 4 green things you see	FREE	Notice the depth of your breath right now.	What is the emotion you feel right now?
How has your mood shifted?	Notice 4 birds.	Notice 5 blue things you see	Notice the texture of the grass	Where are your thoughts right now? Notice three people out walking.
Notice 1 thing you taste	Notice 3 yellow things you see	Notice the bottom of your feet.	Notice where your mind is right now.	Take three deep breaths