

# MINDFUL WALK BINGO

|                                                           |                                                                           |                                                   |                                   |                                                  |
|-----------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------|--------------------------------------------------|
| Shuffle your feet and notice the texture of the ground.   | Count 5 breaths. Notice how they feel.                                    | Find something that reminds you of a good memory. | Notice 5 different trees.         | Notice 3 things you feel                         |
| Find one thing you hadn't noticed before.                 | 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 5 blue things you see                     |
| Notice two things you smell                               | Find 2 smooth things.                                                     | <b>FREE</b>                                       | Notice 4 birds.                   | Notice 1 thing you taste                         |
| 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          | Notice the texture of the grass                  |
| Follow an animal for 3-5 minutes and notice what they do. | Find something that reminds you of someone you love.                      | Notice 3 yellow things you see                    | Find 3 bumpy things.              | Find 5 sticks or rocks and arrange them by size. |

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|----------------------------------------------------------------|---------------------------------------------------------|--------------------------------|---------------------------------------------------------------------------|------------------------------------------------------|
| Notice 4 birds.                                                | Notice 3 things you feel                                | Find 2 smooth things.          | Notice two things you smell                                               | Find 3 bumpy things.                                 |
| Notice 5 different trees.                                      | Notice 1 thing you taste                                | Notice 2 orange things you see | Scan the clouds and find something that looks like an image of something. | Count all the colors you can see.                    |
| Take a minute and notice the air around you- How does it feel? | Notice 3 yellow things you see                          | <b>FREE</b>                    | Find one thing you hadn't noticed before.                                 | Find something that reminds you of a good memory.    |
| Notice 4 things you hear                                       | Notice 5 blue things you see                            | Notice 4 green things you see  | Notice 5 sensations you can feel in your body.                            | Find 5 sticks or rocks and arrange them by size.     |
| Count 5 breaths. Notice how they feel.                         | Shuffle your feet and notice the texture of the ground. | Take three deep breaths        | Find something that is your favorite color.                               | Find something that reminds you of someone you love. |

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