

# MINDFUL WALK BINGO

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

# MINDFUL WALK BINGO

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

# MINDFUL WALK BINGO

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