Mindfulness Bingo

Eat mindfully	Feel the water while showering	Listen mindfully	Practice affirmations	Write down what you're grateful for
Clean your home	Fully take in your environment	Non-judgmentally Observe	Radical Acceptance of Reality	Take a powernap
Accept your thoughts	Guided Imagery	**FREE**	Self Soothe with five senses	Write down your thoughts
Do a bodyscan	Get a goodnight's slee	Meditate	Prayer	Validate yourself
Do something kind for a stranger	Give yourself a compliment	Love something about yourself	One thing at a time	Take a break from technology

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Mindfulness Bingo

Do a bodyscan	Give yourself a compliment	Make a list of things that went well today	One thing at a time	Write down what you're grateful for
Accept your thoughts	Guided Imagery	Love something about yourself	Prayer	Write down your thoughts
Eat mindfully	Journal about how you feel	**FREE**	Radical Acceptance of Reality	Walk mindfully
Clean your home	Get a goodnight's slee	Live in the moment	Practice affirmations	Take a break from technology
Be mindful of current emotion	Fully take in your environment	Meditate	Set a goal	Take a powernap

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Mindfulness Bingo

Eat mindfully	Feel the water while showering	Meditate	Practice affirmations	Walk mindfully
Be mindful of current emotion	Fully take in your environment	Non-judgmentally Observe	Set a goal	Take a break from technology
Clean your home	Journal about how you feel	**FREE**	One thing at a time	Write down your thoughts
Do a bodyscan	Get a goodnight's slee	Live in the moment	Radical Acceptance of Reality	Validate yourself
Build positive experiences	Give yourself a compliment	Make a list of things that went well today	Self Soothe with five senses	Take a powernap

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