

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 power nap
Accept your thoughts	Guided Imagery	FREE	Self Soothe with five senses	Write down your thoughts
Do a bodyscan	Get a goodnight's sleep	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

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 sleep	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 power nap

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 sleep	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