

MINDFUL BINGO GAME

Take three deep breaths	Breathe Deeply	Name a scent that you notice when you take a sniff with your nose.	Share 3 things you are grateful for	Notice 3 things you smell
Give the person next to you a high five.	Take 3 deep breaths	Notice your thoughts right now.	Close your eyes and imagine the ocean.	Roll your shoulders
Stand and Stretch	Think about someone you love.	FREE	Do a Body Scan	Name something you are grateful for.
Notice 3 things you feel	Smile	Notice 3 things you see	Name one thing that catches your attention when you look around.	Notice three people in the room.
Name an object that you enjoy feeling with your hands.	Give the person next to you a compliment.	Recall your favorite place	What is the emotion you feel right now?	Give yourself a pat on the back

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Think about someone you love.	Close your eyes and imagine the ocean.	Share 3 things you are grateful for	Give the person next to you a high five.	Notice your thoughts right now.
Name a scent that you notice when you take a sniff with your nose.	What is the emotion you feel right now?	Notice 3 things you smell	Give the person next to you a compliment.	Roll your shoulders
Notice 3 things you feel	Do a Body Scan	FREE	Name something you are grateful for.	Breathe Deeply
Name one thing that catches your attention when you look around.	Recall your favorite place	Take three deep breaths	Give yourself a pat on the back	Smile
Notice 3 things you see	Notice three people in the room.	Stand and Stretch	Take 3 deep breaths	Name an object that you enjoy feeling with your hands.

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Give the person next to you a compliment.	Recall your favorite place	Close your eyes and imagine the ocean.	Notice three people in the room.	Do a Body Scan
Take three deep breaths	Notice 3 things you feel	Notice 3 things you see	Take 3 deep breaths	Notice 3 things you smell
Stand and Stretch	Give yourself a pat on the back	FREE	Smile	Name one thing that catches your attention when you look around.
Think about someone you love.	Roll your shoulders	Share 3 things you are grateful for	What is the emotion you feel right now?	Name a scent that you notice when you take a sniff with your nose.
Name something you are grateful for.	Breathe Deeply	Notice your thoughts right now.	Give the person next to you a high five.	Name an object that you enjoy feeling with your hands.