MINDFUL WALK BINGO

What is the emotion you feel right now?	How did you come back?	Notice 3 yellow things you see	Notice the texture of the grass	Notice one animal.
Notice 3 different types of flowers.	Take three deep breaths	Notice the breeze on your face	How has your mood shifted?	Notice the different textures of the ground.
Notice where your mind is right now.	What just distracted you?	**FREE**	Notice 1 thing you taste	Notice 4 things you hear
Notice 5 blue things you see	Notice two things you smell	Notice 5 different trees.	Notice 4 green things you see	Notice the bottom of your feet.
Notice 4 birds.	Notice 2 orange things you see	Notice the depth of your breath right now.	Where are your thoughts right now?	Notice 3 things you feel

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MINDFUL WALK BINGO

What just distracted you?	How has your mood shifted?	Notice the texture of the grass	Notice 3 different types of flowers.	Notice the breeze on your face
Notice 3 yellow things you see	Where are your thoughts right now?	Notice one animal.	Notice 2 orange things you see	Notice the different textures of the ground.
Notice 5 blue things you see	Notice 1 thing you taste	**FREE**	Notice 4 things you hear	How did you come back?
Notice 4 green things you see	Notice the depth of your breath right now.	What is the emotion you feel right now?	Notice 3 things you feel	Notice two things you smell
Notice 5 different trees.	Notice the bottom of your feet.	Notice where your mind is right now.	Take three deep breaths	Notice 4 birds.

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MINDFUL WALK BINGO

Notice 2 orange things you see	Notice the depth of your breath right now.	How has your mood shifted?	Notice the bottom of your feet.	Notice 1 thing you taste
What is the emotion you feel right now?	Notice 5 blue things you see	Notice 5 different trees.	Take three deep breaths	Notice one animal.
Notice where your mind is right now.	Notice 3 things you feel	**FREE**	Notice two things you smell	Notice 4 green things you see
What just distracted you?	Notice the different textures of the ground.	Notice the texture of the grass	Where are your thoughts right now?	Notice 3 yellow things you see
Notice 4 things you hear	How did you come back?	Notice the breeze on your face	Notice 3 different types of flowers.	Notice 4 birds.

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