

Mindfulness Bingo

List 3 things you
can see, hear,
and smell



Do a puzzle

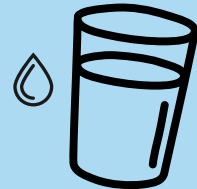
Lie down with your
favourite toy on your
tummy, take 10
deep breaths and
watch it rise and fall
with each breath

Read a
book



Say 'thank you'
to someone in
your life

Drink a glass
of water



Get creative, do
some colouring
in, drawing, or
painting

Stretch and
move your body

Go for a rainbow
walk around your
yard, notice
something for
each colour of the
rainbow