

# Mindfulness BINGO GAME

<p><b>8</b> Color a picture</p>	<p><b>2</b> Take 5 deep belly breaths. As you breath in, imagine your smelling a flower. As you breath out, blow out birthday candles</p>	<p><b>16</b> Smell a flower</p>	<p><b>15</b> Go on a nature walk and listen for a bird's song</p>	<p><b>5</b> Name 1 thing you can taste right now</p>
<p><b>6</b> Tighten all your muscles like a robot, then let them go like a rag doll</p>	<p><b>19</b> Listen to a song that make you feel calm</p>	<p><b>1</b> Name 4 things you can hear right now</p>	<p><b>9</b> Write or draw 3 things that you are really good at.</p>	<p><b>10</b> Mindfully eat a tasty snack, what is your favorite part about the taste?</p>
<p><b>17</b> Touch 3 things that bring you comfort</p>	<p><b>12</b> Blow bubbles with bubble solution or dish soap, watch each bubble until it floats away or pops</p>	<p>Free Space- Write Your Own _____</p>	<p><b>13</b> Practice the yoga pose, tree. Stand on one foot and slowly grow your branches</p>	<p><b>3</b> Take a mindful bath or shower, notice how the water sounds</p>
<p><b>4</b> Name 2 things you can smell right now</p>	<p><b>14</b> Do 10 jumping jacks, then put your hand on your heart and feel it beat</p>	<p><b>11</b> Give 1 person a compliment</p>	<p><b>18</b> Close your eyes and sit quietly for 2 minutes</p>	<p><b>7</b> Name 5 things you can see right now</p>