



Mindfulness Bingo

@LiveNaau

Practice Gratitude	Spend Time in Nature	Be Creative	Engage in Visualization	Share a Laugh
Connect With a Loved One	Focus on the Moment	Do a Body Scan	SMILE	Be Authentic
Take Time to Dance	Get Lost in a Book	FREE SPACE	Journal	Breathe Deep
Meditate or Pray	Show Kindness	Take a Tech Break	Find the Flow	Use a Positive Affirmation
Eat Mindfully	Listen to Music	Treat Yourself	Create a Sacred Space	Follow a Sleep Schedule

Instructions for the Mindfulness Bingo:

Take some time to step away from the hustle and bustle of everyday life. Choose a few days to focus on mindful activities that enhance your self-care and feed your soul-care. Use our Mindfulness Bingo board for helpful mindful prompts, filling the board vertically, horizontally, or diagonally. Learn about these mindfulness concepts from our social media posts. After completing a line, you may notice that 'BINGO!' you are feeling more grounded and relaxed.