



Mindfulness Bingo



List 3 things
you can see,
hear, and
smell



Do a puzzle

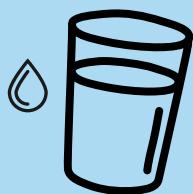
Lie down with your
favourite toy on
your tummy, take
10 deep breaths
and watch it rise
and fall with each
breath

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

