

# Mindfulness Bingo

List 3 things  
you can see,  
hear, and  
smell



Do a puzzle

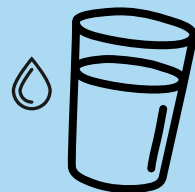
Lie down with your  
favourite toy on  
your tummy, take  
10 deep breaths  
and watch it rise  
and fall with each  
breath

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