


Try to get a Bingo in a week!

# Mindfulness Bingo

Wake up early & enjoy the sunrise	Practice deep breathing exercises for one minute	Eat deliberately- try at least 6 servings of fruit throughout the day	Speak honestly & intentionally throughout the day	Do one thing you've been putting off
Relate kindly to one other person today	Actively listen wholeheartedly to someone else today	Set a daily intention - write down what your main goal for the day is & go after it!	Exercise for 30 minutes today	Do some painting/drawing or complete a puzzle
Take a slow walk around your neighborhood & try noticing new things	Listen to your favorite music		Write down 5 things you are grateful for & hang on your mirror	Try no technology or no news for the entire day
Actively show appreciation for someone else today	Take time at the end of the day to reflect on the good parts of your day	Pause & think before action throughout the day	Get lost in the flow of doing what you love today	Cook a new meal or dessert
Center yourself and be in the moment throughout the day	Limit screen time to one hour today	Try/do 30 min of simple yoga poses (found online!)	Declutter a room in your house	Get a good night's sleep - at least 8-9 hours

