

## Mini Mindfulness Bingo!

Walk in nature	Mindful listening	Body scan	Texture Bag
Practice yoga	Five senses exercise	Mindful breathing	Heartbeat exercise
Mindfulness meditation	Pinwheel breathing	Gratitude journal	Mindful taste test
Deep breathing	Mindfulness with chocolate	Dragon Fire Breaths	Blowing bubbles

<p>Have another player throw small shaped or textured objects into a bag. Reach in and describe each object you feel, using only your sense of touch to guide you.</p>	<p>Get comfortable and lie down. Listen to a body scan script, or:</p> <ul style="list-style-type: none"> <li>■ Begin deep breathing.</li> <li>■ Focus your awareness on your toes, inhaling into them</li> <li>■ Work your way up your whole body.</li> </ul>	<p>Stop everything and take a deep breath in and out. Just listen. What sounds can you hear - far and near?</p>	<p>Take a walk outdoors, without goal or intention. Turn your awareness to your breathing, movements, and beautiful surroundings.</p>
<p>Walk on the spot for one minute. Sit down and put a hand over your heart. Close their eyes and pay attention only to your heartbeat and breath.</p>	<p>Sitting upright with closed eyes, bring your attention to your breath. Breathe in through your nose, out through your mouth. Pay attention to each breath as it flows in and out of your body for a few minutes.</p>	<p>Find a peaceful place and relax into a comfortable position. Turn your attention to your senses. What can you hear, see, feel, smell, and taste?</p>	<p>Light some candles and practice your favorite yoga flow. Or try a new one!</p>
<p>Ask another player to blindfold you and pick a food. Savor it using only your physical senses, and imagining it is your first time eating it.</p>	<p>Start a gratitude journal by thinking of and noting three things you are thankful for today.</p>	<p>Grab a pinwheel. Take a deep, slow inhale, and exhale steadily to fill the bubble. Encourage them to pay close attention to the bubbles as they form, detach, and pop or float away.</p>	<p>Sit up straight, palms down and with closed eyes. Place your feet flat on the ground. Focus on your five senses, feelings, and breathing. Relax.</p>
<p>Find or make some bubble mix. With slow, deep breaths in and out, gradually blow a bubble. Watch how they form, detach, and pop or float away.</p>	<p>Take a deep, steady breath in. As you exhale, open your eyes and mouth wide. Throw in a quiet roar!</p>	<p>Choose a small piece of chocolate and try savoring it with openness and curiosity. As you open and eat it, how does it sound, look, feel, smell, and taste?</p>	<p>Sit upright, comfortably. Breathe in deeply, slowly, and steadily through your nose. Fill your stomach with air. Exhale gently, slowly through your mouth. Feel the air flow out.</p>