

Mindfulness Bingo

Smile at a stranger	Draw a picture	Drink water	Meditate for 5 minutes	Do a random act of kindness	Gaze at a sunset	Think about something that makes you smile
Drink a beverage slowly	Listen to music	Give a compliment	Write down something you're grateful for	Stretch	Tell someone thank you	Take a walk
Listen to the birds sing	Count to 10 slowly	Move your body	Light a candle	Squeeze a ball	Breath in and out slowly 5 times	Hug a pillow
Read your favorite book or magazine	Gaze at the stars	Take a new route home	Unplug for the evening	Eat a meal mindfully	Sit in the sun	Smell a flower
Call an old friend	Watch the sunrise	Pet an animal	Gaze at the clouds			

"Honour Yourself"