

Mindfulness Bingo

find
something
smooth

find a
flower that
smells good

find
something
hard

notice the
color of the
sky

find
something
that is your
favorite
color

make
someone
laugh

listen to a
song you
love

help a
family
member

give
someone a
compliment

find
something
soft

feel the
grass under
your feet

find
something
bumpy