

MINDFULNESS BINGO

find
something
smooth

find
something
hard

make
someone
laugh

give
someone a
compliment

notice the
color of
the sky

feel the
grass under
your feet

help a
family
member

find
something
soft

listen to
a song
you love

find
something
bumpy

find
something
that is your
favorite
color

find a
flower that
smells good