

Mindfulness Bingo

Work through the bingo card throughout the month. Take a photo for each completed task. Enter your photos into the template attached. Underlined words lead to videos and webpages.

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| Morning Gratitude: write down 5 things you are grateful for | Make your favorite breakfast and really enjoy the flavors | Complete a 15 minute stretch <u>STRETCH</u> | Complete 10 rounds of box breathing <u>BREATHE</u> | Take an afternoon off work to do something you love |
| Take a bath, spice it up using bathbombs or bubble bath & candles | Morning Yoga - try this routine when you first wake up <u>YOGA</u> | Evening Reflection: Write down 5 great things that happened today | Create a vision board <u>VISION BOARD</u> | Meditation Time - listen to this 10 minute guided meditation <u>RESILIENCE</u> |
| Read a book, cover to cover | Write down 5 goals you want to achieve by the end of 2020 | FREE | Go on a nature walk and tune into the beauty around you | Print and physically color this picture <u>COLOR</u> |
| Stretch and Meditate with this 30 minute video <u>MINDFUL</u> | Complete a random act of kindness and write it down | Choose a mantra and repeat it every hour today <u>MANTRA</u> | Book a massage and get pampered | 1 day social media free |
| 5 minute Meditation to break up your work day <u>MEDITATE</u> | Write a list of all the positive events in your life during 2020 | Clean out your closet and give away old clothes | Make a new meal using healthy ingredients <u>HEALTHY</u> | Play with a furry friend & watch cute videos <u>CUTE</u> |

Submit your completed
Bingo Card with Pictures to
Jacki by Monday,
November 30, 2020

Completed bingo cards will
be entered into a draw to win
a prize!