

daily MINDFULNESS BINGO

<p>Do a mindful body scan. Pay attention to each area of your body one at a time and see what you notice.</p>	<p>Blow bubbles in slow motion taking big deep breaths in and slowly blowing them out.</p>	<p>Go on a mindful nature walk. Tune in to the beauty around you!</p>	<p>Look up at the sky and simply watch. Notice the clouds. Notice the birds. Just notice.</p>
<p>Lie down and put a stuffed animal on your belly. Breathe slowly, watching your stuffed animal rise and fall.</p>	<p>Practice mindful eating. Eat slowly and notice the textures and sensations of your food.</p>	<p>Express gratitude for something in your current environment or space.</p>	<p>Color a mindful mandala.</p>
<p>Press your palms together and gently press for 5 seconds and then release. Repeat this a few times and notice how your body feels.</p>	<p>Look around your space and find 5 things that have different textures. Touch them and notice how their textures feel on your hand.</p>	<p>Sit outside and simply listen to sounds for 5 minutes.</p>	<p>Draw a picture to represent how you are feeling right now.</p> <p></p>
<p>Sit comfortably. Find your pulse and notice your heartbeat. Just notice and tune in to it for a few minutes.</p>	<p>Go for a rainbow walk around your environment. Find something of each color of the rainbow!</p>	<p>Practice finger breathing. Hold one hand out and trace around your fingers as you breath. Inhale up the finger, exhale down the finger.</p>	<p>Sit comfortably. Breathe in deeply and notice any smells in your environment. What scents are present around you?</p>

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