

# 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