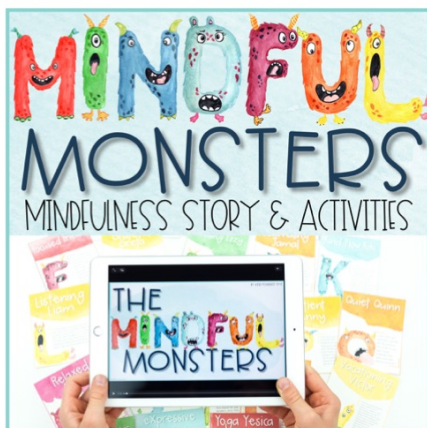


daily MINDFULNESS BINGO

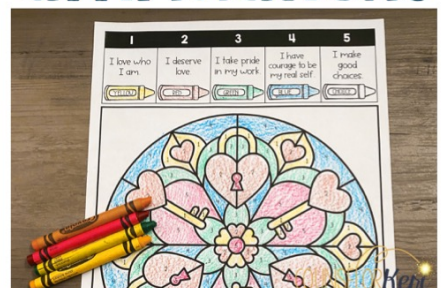
how to use this:

- Print multiple copies of this or one copy and place it in a page protector or dry erase pouch.
- Each day, encourage your child to complete at least 4 of these mindfulness activities throughout the day to get 4 in a row! Color the box after the activity is completed.
- Reflect on your growing mindfulness practice!
 - How are you feeling as you complete the activities?
 - What are you noticing about yourself? Your environment?

more mindfulness activities for kids:



COLOR BY affirmations



daily MINDFULNESS BINGO



<p>Do a mindful b o d y s c a n . 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 s l o w l y blowing them out.</p>	<p>Go on a mindful nature walk. Tune in to the b e a u t y around you!</p>	<p>Look up at the sky and simply watch. Notice the clouds. Notice the birds. J u s t n o t i c e .</p>
<p>Lie down and put a stuffed animal on your belly. Breathe slowly, watching your stuffed animal rise and fall.</p>	<p>Practice m i n d f u l e a t i n g . Eat slowly and notice the textures and sensations of your food.</p>	<p>Express g r a t i t u d e for something in your current environment or space.</p>	<p>Color a mindful m a n d a l a .</p>
<p>Press your p a l m s 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 t e x t u r e s . Touch them and notice how their textures feel on your hand.</p>	<p>Sit outside and simply listen to s o u n d s for 5 minutes.</p>	<p>Draw a picture to represent how you are f e e l i n g right now.</p>
<p>Sit comfortably. Find your pulse and notice your h e a r t b e a t . Just notice and tune in to it for a few minutes.</p>	<p>Go for a r a i n b o w walk around your environment. Find something of each color of the rainbow!</p>	<p>Practice finger b r e a t h i n g . Hold one hand out and trace around your fingers as you breathe. Inhale up the finger, exhale down the finger.</p>	<p>Sit comfortably. Breathe in deeply and notice any smells in your environment. What s c e n t s are present around you?</p>