



# Mindfulness Bingo



Colour a picture.	Get comfortable and read your favourite book or sing your favourite song.	Jump up and down and then relax with your hand on your heart. Feel your heart beating.	Name 5 things that you can see.
Bumblebee Breathing—Sit comfortably and place your pointed fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.	Close your eyes and sit in silence for two minutes.	Close your eyes and think of a favourite memory.	Sit quietly and place an object in your hand. Notice how heavy it is in your hand. How does it feel in your hand? What do you notice about the object?
Create a 'Nature Mandala' (see Daily Mandala Challenge Sheet).	Name 5 things that you can hear.	Close your eyes and listen to calming music.	Blow bubbles and watch them float away.
Create your own yoga poses by posing like different animals.	If possible, go on a relaxing walk and take care to see what you can notice on your walk.	Squeeze each part of your body one by one and then release.	Imagine a rainbow and look at its colours one by one.