

MINDFULNESS

B I N G O

Belly
Breathe

Share 3
Things you
are Grateful
for

Take 3
Deep
Breathes

I am Proud
of Myself
for_____

How Can You
Add
Mindfulness to
Stressful
times?

Roll your
Shoulders

Give
Someone in
the Group a
High Five

Say
Something
Positive About
Yourself

Alternate
Nostril
Breathe

Describe
your
favorite
place

Give the
Person to
your Right A
Compliment

Stand and
Stretch

Blank
Space!

Think About
Someone
you Love

Remember
a Happy
Memory

Give
yourself a
pat on the
back

Name
Something
New You
Would Like to
Try

I am
Happiest
when _____

Share
Something
you Admire
in Others

Think of One
Thing you
Want to
Improve on

Close your
eyes and
picture the
ocean. Take a
deep breath.

Name
something nice
you can do for
someone
today

Give the
Person to
your Left a
Compliment

Think about
3 things you
are really
good at

Give
Everyone in
the Room a
Big Smile

Fun Mindfulness Games

M Mosston



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