

# 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

**Ian Pickup**



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