MINDFULNESS BINGO

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

J Elliott

Fun Mindfulness Games:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Fun Mindfulness Games** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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