



DREAM
SEEDS[®]

**MINDFULNESS
BINGO**



MINDFULNESS BINGO

INSTRUCTIONS

Complete as many of the activities below as you can, you are welcome to do an activity more than once! Just make sure you tick it off every time you complete it and give yourself a high-five for doing so

Try balancing on one foot for as long as you can	Start reading a book or listening to an audiobook	Have a conversation with a family member	Listen to a podcast
Practice yoga	Do something creative	Tidy a part of your bedroom	Make your bed in the morning
Walk barefoot outside for 10 minutes	Practice mindful eating	Lay down outside and listen for 5 minutes	Listen to your favourite song and write down all the instruments you can hear
Cook something for your family	Write in a journal	Wash the dishes by hand	Listen to the Dream Seeds "Stop"