

# Mindfulness Bingo

Write in Journal	Bake/Cook Something	Finish a Puzzle	Watch a TV Show	Read a Book
Watch a Movie	Color or Draw Something	Work on a hobby	Sanitize phone	Take a Shower/Bath
Put a heart in your window	Listen to music	<i>Washed Hands</i>	Write down your thoughts	Take a break from technology
Create a gratitude list	Call a Friend/Family member	Clean Something	Meditate	Go Outdoors
Water Plants	Listen to a Podcast	Drink at least 60oz water each day	Declutter one space	Get a good night's sleep

\*If you have a barrier to internet or technology for movies/shows/music or are otherwise unable to do a space, please come up with a creative alternative and write it into the space.