

TEEN MINDFULNESS BINGO

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|--|---|--|---|---|
| <u>cook something you've never cooked before</u> | <u>take a break!</u> | <u>do some light stretching.</u> | <u>konmarie your clothes</u> | tend to something living: a plant, a pet, a person |
| <u>have a belly laugh</u> | <u>learn how to bullet journal or plan out a schedule</u> | wash your hands, <u>clean your fingernails</u> | listen to your favorite song | <u>drink a cold glass of water</u> |
| <u>reread a favorite childhood book</u> | video chat a friend | <u>free ambient noise space</u> | <u>do a mind puzzle (chess, sudoku, scrabble, etc.)</u> | <u>try a vegan food</u> |
| <u>try an at-home workout</u> | make a blanket fort just for the nostalgia | give a hug | <u>watch a sunrise or sunset</u> | <u>set a personal screen time limit or offline goal</u> |
| deep clean something (your room, a bathroom, etc.) | <u>do a tabletop puzzle (or make one)</u> | <u>color!</u> | <u>get some vitamin d</u> | <u>read poetry aloud. listen to its rhythm</u> |