



Eunie's **BUDDIES**.

MINDFULNESS

B I N G O

Throughout the day, whenever you have a moment, try to engage in one of the mindfulness activities listed on your bingo card. Try to finish one line this week.

Go for a mindful walk	Try eating a mindfully, without distractions	Set a daily intention that you revisit throughout the day	Take 10 deep breaths, try not to rush	Listen to music mindfully
Write down all the things on your mind right now	Do something creative today	Take a 1-hour technology break	Take 15 minutes to reflect at the end of the day	Choose an object and take 5 minutes to notice its features
Try a mindfulness meditation	Stretch for 15 minutes and notice the sensations in your body	Complete a deep breathing exercise	Drink a cold glass of water	Read for 15 minutes
Take 5 minutes to connect with your senses	Have an intentional conversation without distractions	Do a quick body stretch without distractions	Take a 2-hour technology break	Do a full body scan
Set a purpose for the day	Complete a 5,4,3,2,1 grounding exercise	Watch the sunrise or sunset	Complete a yoga practice	Try to check in with your body today

