

# MINDFULNESS BINGO

myfreebingocards.com

## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/mw665fm](https://mfbc.us/e/mw665fm)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](https://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/mw665fm](https://mfbc.us/s/mw665fm)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/mw665fm](https://mfbc.us/e/mw665fm)

Go to [myfreebingocards.com/bingo-card-generator](https://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

|                  |                        |                    |                 |   |                            |                              |
|------------------|------------------------|--------------------|-----------------|---|----------------------------|------------------------------|
| Meditate or Pray | Do Something Creative  | Write in a Journal | Coloring        | Do a Random Act of Kindness               | Practice Yoga              | Go for a Walk                |
| Deep Breathing   | Write a Gratitude List | Volunteer          | Listen to Music | Practice Affirmations                     | Set a Goal                 | Take a Break from Technology |
| Take a Nap       | Clean your Space       | Exercise           | Call a Friend   | Read a Book                               | Smile                      | FREE SPACE                   |
| Gardening        | Mindful Eating         | Puzzles            | Quiet Time      | Sensory Activity - Playdoh / Kinetic Sand | Think of Positive Memories | Positive Memories            |
| Focus on Senses  |                        |                    |                 |   |                            |                              |

# MINDFULNESS BINGO

|                       |                            |   |                              |                    |
|-----------------------|----------------------------|---|------------------------------|--------------------|
| Quiet Time            | Volunteer                  | Coloring                                  | Do a Random Act of Kindness  | Meditate or Pray   |
| Practice Affirmations | Write a Gratitude List     | Go for a Walk                             | Positive Memories            | Read a Book        |
| Practice Yoga         | Do Something Creative      | Sensory Activity - Playdoh / Kinetic Sand | Smile                        | Write in a Journal |
| Clean your Space      | Exercise                   | Focus on Senses                           | Take a Break from Technology | Listen to Music    |
| Take a Nap            | Think of Positive Memories | Call a Friend                             | Gardening                    | FREE SPACE         |

# MINDFULNESS BINGO

|                             |                            |                              |                        |   |
|-----------------------------|----------------------------|------------------------------|------------------------|---|
| Read a Book                 | Think of Positive Memories | Practice Yoga                | Mindful Eating         | Quiet Time                                |
| Focus on Senses             | Go for a Walk              | Exercise                     | Write a Gratitude List | Sensory Activity - Playdoh / Kinetic Sand |
| Do a Random Act of Kindness | Puzzles                    | Take a Break from Technology | Volunteer              | Write in a Journal                        |
| Gardening                   | Deep Breathing             | Clean your Space             | Do Something Creative  | Coloring                                  |
| Listen to Music             | Smile                      | Call a Friend                | Practice Affirmations  | Meditate or Pray                          |

# MINDFULNESS BINGO

|                             |                  |   |                              |                        |
|-----------------------------|------------------|---|------------------------------|------------------------|
| Write in a Journal          | Puzzles          | Read a Book                               | Positive Memories            | Write a Gratitude List |
| Gardening                   | Listen to Music  | Volunteer                                 | Think of Positive Memories   | <b>Set a Goal</b>      |
| Do a Random Act of Kindness | Exercise         | Mindful Eating                            | Take a Nap                   | Smile                  |
| Coloring                    | Clean your Space | Quiet Time                                | Practice Yoga                | <b>FREE SPACE</b>      |
| Call a Friend               | Focus on Senses  | Sensory Activity - Playdoh / Kinetic Sand | Take a Break from Technology | Practice Affirmations  |

# MINDFULNESS BINGO

|                       |                              |                             |   |                        |
|-----------------------|------------------------------|-----------------------------|---|------------------------|
| Smile                 | Write in a Journal           | Meditate or Pray            | Sensory Activity - Playdoh / Kinetic Sand | Write a Gratitude List |
| Do Something Creative | Mindful Eating               | Think of Positive Memories  | Clean your Space                          | Positive Memories      |
| Practice Affirmations | Take a Break from Technology | Read a Book                 | Puzzles                                   | Quiet Time             |
| Take a Nap            | Exercise                     | Volunteer                   | Deep Breathing                            | Gardening              |
| Focus on Senses       | <b>Set a Goal</b>            | Do a Random Act of Kindness | Go for a Walk                             | Practice Yoga          |

# MINDFULNESS BINGO

|                              |                             |                       |                      |   |
|------------------------------|-----------------------------|-----------------------|----------------------|---|
| Meditate or Pray             | <b>Smile</b>                | Do Something Creative | <b>Call a Friend</b> | Exercise                                  |
| Write a Gratitude List       | Focus on Senses             | <b>Read a Book</b>    | Practice Yoga        | Clean your Space                          |
| <b>Set a Goal</b>            | <b>Take a Nap</b>           | Coloring              | Listen to Music      | <b>Go for a Walk</b>                      |
| Take a Break from Technology | Do a Random Act of Kindness | Deep Breathing        | Positive Memories    | Gardening                                 |
| <b>Quiet Time</b>            | Volunteer                   | Write in a Journal    | <b>FREE SPACE</b>    | Sensory Activity - Playdoh / Kinetic Sand |

# MINDFULNESS BINGO

|                              |   |                            |                      |                        |
|------------------------------|---|----------------------------|----------------------|------------------------|
| Meditate or Pray             | Coloring                                  | Write in a Journal         | <b>Quiet Time</b>    | Deep Breathing         |
| <b>Take a Nap</b>            | Do a Random Act of Kindness               | Exercise                   | Practice Yoga        | <b>Read a Book</b>     |
| Mindful Eating               | Positive Memories                         | <b>Call a Friend</b>       | Puzzles              | Write a Gratitude List |
| Listen to Music              | Practice Affirmations                     | Think of Positive Memories | Focus on Senses      | <b>Smile</b>           |
| Take a Break from Technology | Sensory Activity - Playdoh / Kinetic Sand | Gardening                  | <b>Go for a Walk</b> | <b>Set a Goal</b>      |

# MINDFULNESS BINGO

|                              |                 |                            |   |                    |
|------------------------------|-----------------|----------------------------|---|--------------------|
| Take a Break from Technology | Deep Breathing  | Practice Affirmations      | Sensory Activity - Playdoh / Kinetic Sand | Write in a Journal |
| Take a Nap                   | FREE SPACE      | Read a Book                | Practice Yoga                             | Volunteer          |
| Do a Random Act of Kindness  | Listen to Music | Think of Positive Memories | Puzzles                                   | Positive Memories  |
| Clean your Space             | Go for a Walk   | Exercise                   | Meditate or Pray                          | Mindful Eating     |
| Gardening                    | Call a Friend   | Smile                      | Write a Gratitude List                    | Quiet Time         |

# MINDFULNESS BINGO

|                              |                       |                       |                        |                             |
|------------------------------|-----------------------|-----------------------|------------------------|-----------------------------|
| Take a Break from Technology | Quiet Time            | Focus on Senses       | Go for a Walk          | Call a Friend               |
| Deep Breathing               | Clean your Space      | Smile                 | Write a Gratitude List | Think of Positive Memories  |
| Meditate or Pray             | Do Something Creative | Read a Book           | Puzzles                | Write in a Journal          |
| Positive Memories            | Exercise              | Set a Goal            | Take a Nap             | Do a Random Act of Kindness |
| Volunteer                    | Coloring              | Practice Affirmations | Listen to Music        | Practice Yoga               |

# MINDFULNESS BINGO

|   |                            |                  |                   |                              |
|---|----------------------------|------------------|-------------------|------------------------------|
| Focus on Senses                           | Think of Positive Memories | Mindful Eating   | Gardening         | Write a Gratitude List       |
| Sensory Activity - Playdoh / Kinetic Sand | Clean your Space           | Meditate or Pray | Listen to Music   | Do a Random Act of Kindness  |
| Do Something Creative                     | Puzzles                    | Quiet Time       | Positive Memories | Take a Break from Technology |
| Exercise                                  | Volunteer                  | Practice Yoga    | FREE SPACE        | Set a Goal                   |
| Practice Affirmations                     | Deep Breathing             | Go for a Walk    | Call a Friend     | Take a Nap                   |

# MINDFULNESS BINGO

|   |                              |                       |                       |                    |
|---|------------------------------|-----------------------|-----------------------|--------------------|
| Sensory Activity - Playdoh / Kinetic Sand | Smile                        | Practice Affirmations | Coloring              | Write in a Journal |
| Deep Breathing                            | Think of Positive Memories   | Practice Yoga         | FREE SPACE            | Exercise           |
| Clean your Space                          | Write a Gratitude List       | Volunteer             | Call a Friend         | Mindful Eating     |
| Take a Nap                                | Quiet Time                   | Read a Book           | Gardening             | Meditate or Pray   |
| Listen to Music                           | Take a Break from Technology | Set a Goal            | Do Something Creative | Puzzles            |

# MINDFULNESS BINGO

|                              |                 |                    |                  |   |
|------------------------------|-----------------|--------------------|------------------|---|
| Coloring                     | Set a Goal      | Quiet Time         | Clean your Space | Do a Random Act of Kindness               |
| Positive Memories            | Focus on Senses | Write in a Journal | FREE SPACE       | Meditate or Pray                          |
| Mindful Eating               | Read a Book     | Listen to Music    | Take a Nap       | Practice Affirmations                     |
| Take a Break from Technology | Deep Breathing  | Practice Yoga      | Puzzles          | Sensory Activity - Playdoh / Kinetic Sand |
| Think of Positive Memories   | Call a Friend   | Smile              | Exercise         | Do Something Creative                     |

# MINDFULNESS BINGO

|                              |                    |                        |               |                             |
|------------------------------|--------------------|------------------------|---------------|-----------------------------|
| Positive Memories            | Practice Yoga      | FREE SPACE             | Coloring      | Exercise                    |
| Gardening                    | Mindful Eating     | Write a Gratitude List | Go for a Walk | Do a Random Act of Kindness |
| Listen to Music              | Set a Goal         | Clean your Space       | Read a Book   | Take a Nap                  |
| Take a Break from Technology | Write in a Journal | Meditate or Pray       | Quiet Time    | Smile                       |
| Focus on Senses              | Volunteer          | Deep Breathing         | Call a Friend | Puzzles                     |

# MINDFULNESS BINGO

|                              |                 |   |                   |                            |
|------------------------------|-----------------|---|-------------------|----------------------------|
| Read a Book                  | Focus on Senses | Do Something Creative                     | Gardening         | Take a Nap                 |
| Mindful Eating               | Deep Breathing  | Do a Random Act of Kindness               | Positive Memories | Think of Positive Memories |
| Take a Break from Technology | Practice Yoga   | Sensory Activity - Playdoh / Kinetic Sand | Quiet Time        | Exercise                   |
| FREE SPACE                   | Call a Friend   | Practice Affirmations                     | Clean your Space  | Smile                      |
| Go for a Walk                | Coloring        | Meditate or Pray                          | Listen to Music   | Write in a Journal         |

# MINDFULNESS BINGO

|   |                             |                       |                              |                   |
|---|-----------------------------|-----------------------|------------------------------|-------------------|
| Gardening                                 | Take a Nap                  | Do Something Creative | Write in a Journal           | Listen to Music   |
| Deep Breathing                            | Read a Book                 | Mindful Eating        | Puzzles                      | Positive Memories |
| Go for a Walk                             | Exercise                    | Volunteer             | Set a Goal                   | Practice Yoga     |
| Call a Friend                             | Meditate or Pray            | Practice Affirmations | Clean your Space             | Smile             |
| Sensory Activity - Playdoh / Kinetic Sand | Do a Random Act of Kindness | Quiet Time            | Take a Break from Technology | Focus on Senses   |

# MINDFULNESS BINGO

|                   |                             |   |                        |                              |
|-------------------|-----------------------------|---|------------------------|------------------------------|
| FREE SPACE        | Focus on Senses             | Meditate or Pray                          | Coloring               | Puzzles                      |
| Practice Yoga     | Smile                       | Mindful Eating                            | Write in a Journal     | Clean your Space             |
| Positive Memories | Do a Random Act of Kindness | Sensory Activity - Playdoh / Kinetic Sand | Write a Gratitude List | Do Something Creative        |
| Take a Nap        | Quiet Time                  | Read a Book                               | Go for a Walk          | Take a Break from Technology |
| Exercise          | Call a Friend               | Deep Breathing                            | Set a Goal             | Think of Positive Memories   |

# MINDFULNESS BINGO

|                            |                  |   |                              |                       |
|----------------------------|------------------|---|------------------------------|-----------------------|
| Positive Memories          | Listen to Music  | Clean your Space                          | Take a Break from Technology | Exercise              |
| Think of Positive Memories | Smile            | Set a Goal                                | Read a Book                  | Write in a Journal    |
| Take a Nap                 | Mindful Eating   | Volunteer                                 | Call a Friend                | Practice Affirmations |
| Puzzles                    | Meditate or Pray | Practice Yoga                             | Quiet Time                   | Gardening             |
| Write a Gratitude List     | Go for a Walk    | Sensory Activity - Playdoh / Kinetic Sand | Focus on Senses              | Do Something Creative |

# MINDFULNESS BINGO

|                              |                  |                |   |                             |
|------------------------------|------------------|----------------|---|-----------------------------|
| Positive Memories            | Meditate or Pray | Take a Nap     | Do Something Creative                     | Do a Random Act of Kindness |
| Take a Break from Technology | Coloring         | FREE SPACE     | Sensory Activity - Playdoh / Kinetic Sand | Focus on Senses             |
| Gardening                    | Mindful Eating   | Call a Friend  | Go for a Walk                             | Write in a Journal          |
| Listen to Music              | Practice Yoga    | Deep Breathing | Think of Positive Memories                | Volunteer                   |
| Practice Affirmations        | Set a Goal       | Puzzles        | Quiet Time                                | Smile                       |

# MINDFULNESS BINGO

|                             |            |                            |   |                              |
|-----------------------------|------------|----------------------------|---|------------------------------|
| Listen to Music             | Coloring   | Call a Friend              | Read a Book                               | Do Something Creative        |
| Mindful Eating              | Quiet Time | Positive Memories          | Practice Affirmations                     | Puzzles                      |
| Meditate or Pray            | Smile      | Focus on Senses            | Sensory Activity - Playdoh / Kinetic Sand | Go for a Walk                |
| Gardening                   | Exercise   | Think of Positive Memories | Volunteer                                 | Write a Gratitude List       |
| Do a Random Act of Kindness | FREE SPACE | Deep Breathing             | Set a Goal                                | Take a Break from Technology |

# MINDFULNESS BINGO

|                            |                             |                 |   |                        |
|----------------------------|-----------------------------|-----------------|---|------------------------|
| Think of Positive Memories | Exercise                    | Go for a Walk   | Take a Nap                                | Gardening              |
| Listen to Music            | Deep Breathing              | Focus on Senses | Do Something Creative                     | Write in a Journal     |
| Mindful Eating             | Practice Affirmations       | Puzzles         | Take a Break from Technology              | Volunteer              |
| Quiet Time                 | Do a Random Act of Kindness | Practice Yoga   | Sensory Activity - Playdoh / Kinetic Sand | FREE SPACE             |
| Clean your Space           | Read a Book                 | Call a Friend   | Meditate or Pray                          | Write a Gratitude List |

# MINDFULNESS BINGO

|   |                        |                            |                             |                  |
|---|------------------------|----------------------------|-----------------------------|------------------|
| Sensory Activity - Playdoh / Kinetic Sand | Exercise               | Mindful Eating             | Positive Memories           | Practice Yoga    |
| Call a Friend                             | Write a Gratitude List | Practice Affirmations      | FREE SPACE                  | Meditate or Pray |
| Take a Nap                                | Coloring               | Set a Goal                 | Volunteer                   | Focus on Senses  |
| Go for a Walk                             | Listen to Music        | Read a Book                | Smile                       | Deep Breathing   |
| Take a Break from Technology              | Puzzles                | Think of Positive Memories | Do a Random Act of Kindness | Clean your Space |

# MINDFULNESS BINGO

|                              |   |                            |                        |                             |
|------------------------------|---|----------------------------|------------------------|-----------------------------|
| Write in a Journal           | Sensory Activity - Playdoh / Kinetic Sand | Practice Affirmations      | <b>FREE SPACE</b>      | Positive Memories           |
| Quiet Time                   | Puzzles                                   | Smile                      | Meditate or Pray       | Clean your Space            |
| Do Something Creative        | Volunteer                                 | Think of Positive Memories | Deep Breathing         | Do a Random Act of Kindness |
| Take a Break from Technology | Take a Nap                                | Gardening                  | Write a Gratitude List | Practice Yoga               |
| Read a Book                  | Call a Friend                             | Mindful Eating             | Exercise               | Listen to Music             |

# MINDFULNESS BINGO

|                 |   |                            |                              |                             |
|-----------------|---|----------------------------|------------------------------|-----------------------------|
| Listen to Music | Call a Friend                             | Do Something Creative      | Practice Affirmations        | Meditate or Pray            |
| Gardening       | Practice Yoga                             | Coloring                   | Take a Break from Technology | Focus on Senses             |
| Read a Book     | Clean your Space                          | Think of Positive Memories | Go for a Walk                | Set a Goal                  |
| Quiet Time      | Write a Gratitude List                    | Deep Breathing             | Mindful Eating               | Write in a Journal          |
| Volunteer       | Sensory Activity - Playdoh / Kinetic Sand | Smile                      | <b>FREE SPACE</b>            | Do a Random Act of Kindness |

# MINDFULNESS BINGO

|                       |   |                              |                            |                             |
|-----------------------|---|------------------------------|----------------------------|-----------------------------|
| Go for a Walk         | Gardening                                 | Call a Friend                | Practice Yoga              | Volunteer                   |
| Deep Breathing        | Sensory Activity - Playdoh / Kinetic Sand | Take a Break from Technology | Puzzles                    | Smile                       |
| Read a Book           | Focus on Senses                           | Listen to Music              | Write in a Journal         | Exercise                    |
| FREE SPACE            | Mindful Eating                            | Take a Nap                   | Think of Positive Memories | Set a Goal                  |
| Practice Affirmations | Write a Gratitude List                    | Do Something Creative        | Positive Memories          | Do a Random Act of Kindness |

# MINDFULNESS BINGO

|                  |                            |                        |                |   |
|------------------|----------------------------|------------------------|----------------|---|
| Exercise         | Set a Goal                 | Puzzles                | Coloring       | Positive Memories                         |
| Volunteer        | Go for a Walk              | Practice Affirmations  | Take a Nap     | Smile                                     |
| Meditate or Pray | Do Something Creative      | FREE SPACE             | Mindful Eating | Focus on Senses                           |
| Listen to Music  | Practice Yoga              | Call a Friend          | Deep Breathing | Do a Random Act of Kindness               |
| Gardening        | Think of Positive Memories | Write a Gratitude List | Quiet Time     | Sensory Activity - Playdoh / Kinetic Sand |

# MINDFULNESS BINGO

|                    |                        |   |                       |                            |
|--------------------|------------------------|---|-----------------------|----------------------------|
| Puzzles            | Mindful Eating         | Volunteer                                 | Smile                 | Do Something Creative      |
| Write in a Journal | Listen to Music        | Deep Breathing                            | Focus on Senses       | Call a Friend              |
| Gardening          | Write a Gratitude List | Take a Break from Technology              | Go for a Walk         | Think of Positive Memories |
| Positive Memories  | Coloring               | Sensory Activity - Playdoh / Kinetic Sand | Set a Goal            | Read a Book                |
| Take a Nap         | Quiet Time             | Do a Random Act of Kindness               | Practice Affirmations | FREE SPACE                 |

# MINDFULNESS BINGO

|                              |                       |                    |                  |   |
|------------------------------|-----------------------|--------------------|------------------|---|
| Call a Friend                | Gardening             | FREE SPACE         | Read a Book      | Exercise                                  |
| Take a Break from Technology | Clean your Space      | Listen to Music    | Go for a Walk    | Sensory Activity - Playdoh / Kinetic Sand |
| Think of Positive Memories   | Do Something Creative | Practice Yoga      | Meditate or Pray | Deep Breathing                            |
| Set a Goal                   | Practice Affirmations | Puzzles            | Mindful Eating   | Take a Nap                                |
| Write a Gratitude List       | Positive Memories     | Write in a Journal | Quiet Time       | Focus on Senses                           |

# MINDFULNESS BINGO

|                   |                              |                        |   |                  |
|-------------------|------------------------------|------------------------|---|------------------|
| Meditate or Pray  | Take a Break from Technology | <b>FREE SPACE</b>      | Volunteer                                 | Smile            |
| Mindful Eating    | Write in a Journal           | Take a Nap             | Sensory Activity - Playdoh / Kinetic Sand | Clean your Space |
| Call a Friend     | Set a Goal                   | Write a Gratitude List | Do Something Creative                     | Listen to Music  |
| Puzzles           | Deep Breathing               | Focus on Senses        | Think of Positive Memories                | Quiet Time       |
| Positive Memories | Practice Affirmations        | Go for a Walk          | Gardening                                 | Practice Yoga    |

# MINDFULNESS BINGO

|                |                              |                             |                       |   |
|----------------|------------------------------|-----------------------------|-----------------------|---|
| Go for a Walk  | Take a Break from Technology | Quiet Time                  | Practice Yoga         | Volunteer                                 |
| Exercise       | Think of Positive Memories   | Smile                       | Set a Goal            | Sensory Activity - Playdoh / Kinetic Sand |
| Call a Friend  | Write a Gratitude List       | Read a Book                 | Puzzles               | Positive Memories                         |
| Deep Breathing | Focus on Senses              | Gardening                   | Do Something Creative | Coloring                                  |
| Mindful Eating | <b>FREE SPACE</b>            | Do a Random Act of Kindness | Take a Nap            | Practice Affirmations                     |

# MINDFULNESS BINGO

|                |   |                             |                              |                  |
|----------------|---|-----------------------------|------------------------------|------------------|
| Go for a Walk  | Coloring                                  | Think of Positive Memories  | Volunteer                    | Set a Goal       |
| Call a Friend  | Write in a Journal                        | FREE SPACE                  | Do Something Creative        | Clean your Space |
| Deep Breathing | Listen to Music                           | Focus on Senses             | Write a Gratitude List       | Mindful Eating   |
| Take a Nap     | Positive Memories                         | Smile                       | Puzzles                      | Read a Book      |
| Exercise       | Sensory Activity - Playdoh / Kinetic Sand | Do a Random Act of Kindness | Take a Break from Technology | Practice Yoga    |

# MINDFULNESS BINGO

|                |                             |                        |   |                              |
|----------------|-----------------------------|------------------------|---|------------------------------|
| FREE SPACE     | Practice Affirmations       | Clean your Space       | Exercise                                  | Positive Memories            |
| Volunteer      | Do a Random Act of Kindness | Smile                  | Sensory Activity - Playdoh / Kinetic Sand | Take a Break from Technology |
| Go for a Walk  | Quiet Time                  | Write a Gratitude List | Do Something Creative                     | Meditate or Pray             |
| Mindful Eating | Write in a Journal          | Coloring               | Listen to Music                           | Read a Book                  |
| Puzzles        | Gardening                   | Deep Breathing         | Set a Goal                                | Call a Friend                |