

Mindfulness Bingo

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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/tsqj9j

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.

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/tsqj9j

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/tsqj9j

Go to 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.

Have Fun!

If you have any feedback or suggestions, drop us an email on 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.

LISTEN TO A GUIDED MEDITATION	Do SOMETHING CREATIVE	HAVE A VULNERABLE CONVERSATION	WRITE SOMEONE A THANK YOU NOTE	Do A RANDOM ACT OF KINDNESS	PRACTICE YOGA	ENJOY A MEDITATIVE WALK
PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	SET A REMINDER TO BREATHE ON YOUR COMPUTER	START READING A BOOK BY THICH NHAT HANH	READ ARTICLE ON BODY LANGUAGE	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	PRACTICE MINDFUL EATING	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE
WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	WASH THE DISHES BY HAND AND ENJOY THE CALM	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	Do VOLUNTEER WORK	DOWNLOAD THE "CALM" APP
READ EBOOK: MINDFULNESS MADE SIMPLE	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND			

Bingo Card ID 001

Bingo Card ID 002

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START READING A BOOK BY THICH NHAT HANH	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	PRACTICE YOGA	Do VOLUNTEER WORK	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE
PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	READ EBOOK: MINDFULNESS MADE SIMPLE	WASH THE DISHES BY HAND AND ENJOY THE CALM	READ ARTICLE ON BODY LANGUAGE	Do SOMETHING CREATIVE
WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	DOWNLOAD THE "CALM" APP	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	WRITE SOMEONE A THANK YOU NOTE
HAVE A VULNERABLE CONVERSATION	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	PRACTICE MINDFUL EATING	LISTEN TO A GUIDED MEDITATION	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT
ENJOY A MEDITATIVE WALK	DO A RANDOM ACT OF KINDNESS	SET A REMINDER TO BREATHE ON YOUR COMPUTER	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM

WASH THE DISHES BY HAND AND ENJOY THE CALM	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>	READ EBOOK: MINDFULNESS MADE SIMPLE	START READING A BOOK BY THICH NHAT HANH	HAVE A VULNERABLE CONVERSATION
PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	DOWNLOAD THE "CALM" APP	SET A REMINDER TO BREATHE ON YOUR COMPUTER	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	Do VOLUNTEER WORK
WRITE SOMEONE A THANK YOU NOTE	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	Do A RANDOM ACT OF KINDNESS	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	PRACTICE MINDFUL EATING
Do SOMETHING CREATIVE	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	PRACTICE YOGA
READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	ENJOY A MEDITATIVE WALK	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	READ ARTICLE ON BODY LANGUAGE	LISTEN TO A GUIDED MEDITATION

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SET A REMINDER TO BREATHE ON YOUR COMPUTER	READ ARTICLE ON BODY LANGUAGE	WASH THE DISHES BY HAND AND ENJOY THE CALM	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	PRACTICE MINDFUL EATING
WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	Do VOLUNTEER WORK	LISTEN TO A GUIDED MEDITATION	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND
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READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	PRACTICE YOGA	PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	Do SOMETHING CREATIVE	Do A RANDOM ACT OF KINDNESS

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WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	PRACTICE YOGA	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	Do SOMETHING CREATIVE <small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>	
BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	READ ARTICLE ON BODY LANGUAGE	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	WRITE SOMEONE A THANK YOU NOTE	WASH THE DISHES BY HAND AND ENJOY THE CALM
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READ EBOOK: MINDFULNESS MADE SIMPLE	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	PRACTICE MINDFUL EATING	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	ENJOY A MEDITATIVE WALK

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PRACTICE YOGA	Do SOMETHING CREATIVE	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	DOWNLOAD THE "CALM" APP	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER
HAVE A VULNERABLE CONVERSATION	WASH THE DISHES BY HAND AND ENJOY THE CALM	READ EBOOK: MINDFULNESS MADE SIMPLE	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM
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Do VOLUNTEER WORK	Do A RANDOM ACT OF KINDNESS	READ ARTICLE ON BODY LANGUAGE	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	START READING A BOOK BY THICH NHAT HANH
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HAVE A VULNERABLE CONVERSATION	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT
PRACTICE YOGA	Do SOMETHING CREATIVE	Do VOLUNTEER WORK	PRACTICE MINDFUL EATING	START READING A BOOK BY THICH NHAT HANH
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WASH THE DISHES BY HAND AND ENJOY THE CALM	LISTEN TO A GUIDED MEDITATION	Do SOMETHING CREATIVE	HAVE A VULNERABLE CONVERSATION	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT
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CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	PRACTICE MINDFUL EATING	PRACTICE YOGA	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	SET A REMINDER TO BREATHE ON YOUR COMPUTER

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LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	LISTEN TO A GUIDED MEDITATION	Do SOMETHING CREATIVE	PRACTICE MINDFUL EATING	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>
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READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	DO VOLUNTEER WORK	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY
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ENJOY A MEDITATIVE WALK	HAVE A VULNERABLE CONVERSATION	PRACTICE YOGA	READ EBOOK: MINDFULNESS MADE SIMPLE	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING
SET A REMINDER TO BREATHE ON YOUR COMPUTER	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>	Do VOLUNTEER WORK	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT
READ ARTICLE ON BODY LANGUAGE	Do SOMETHING CREATIVE	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	WASH THE DISHES BY HAND AND ENJOY THE CALM	START READING A BOOK BY THICH NHAT HANH
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BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	READ ARTICLE ON BODY LANGUAGE	PRACTICE MINDFUL EATING	WRITE SOMEONE A THANK YOU NOTE	DOWNLOAD THE "CALM" APP
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PRACTICE YOGA	READ ARTICLE ON BODY LANGUAGE	Do VOLUNTEER WORK	WRITE SOMEONE A THANK YOU NOTE	LISTEN TO A GUIDED MEDITATION
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READ EBOOK: MINDFULNESS MADE SIMPLE	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	ENJOY A MEDITATIVE WALK	PRACTICE YOGA	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING
LISTEN TO A GUIDED MEDITATION	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	PRACTICE MINDFUL EATING	HAVE A VULNERABLE CONVERSATION
WASH THE DISHES BY HAND AND ENJOY THE CALM	Do A RANDOM ACT OF KINDNESS	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	WRITE SOMEONE A THANK YOU NOTE	SET A REMINDER TO BREATHE ON YOUR COMPUTER
BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	Do VOLUNTEER WORK	Do SOMETHING CREATIVE	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	START READING A BOOK BY THICH NHAT HANH

Mindfulness Bingo

WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	READ ARTICLE ON BODY LANGUAGE	ENJOY A MEDITATIVE WALK	START READING A BOOK BY THICH NHAT HANH
SET A REMINDER TO BREATHE ON YOUR COMPUTER	PRACTICE YOGA	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	Do SOMETHING CREATIVE	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT
Do A RANDOM ACT OF KINDNESS	Do VOLUNTEER WORK	WRITE SOMEONE A THANK YOU NOTE	LISTEN TO A GUIDED MEDITATION	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT
READ EBOOK: MINDFULNESS MADE SIMPLE	WASH THE DISHES BY HAND AND ENJOY THE CALM	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>	PRACTICE MINDFUL EATING
DOWNLOAD THE "CALM" APP	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	HAVE A VULNERABLE CONVERSATION

Mindfulness Bingo

PRACTICE MINDFUL EATING	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	Do SOMETHING CREATIVE	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE
PRACTICE YOGA	READ EBOOK: MINDFULNESS MADE SIMPLE	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	HAVE A VULNERABLE CONVERSATION	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT
WRITE SOMEONE A THANK YOU NOTE	WASH THE DISHES BY HAND AND ENJOY THE CALM	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	START READING A BOOK BY THICH NHAT HANH
Do A RANDOM ACT OF KINDNESS	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	Do VOLUNTEER WORK	ENJOY A MEDITATIVE WALK
WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	LISTEN TO A GUIDED MEDITATION	SET A REMINDER TO BREATHE ON YOUR COMPUTER	READ ARTICLE ON BODY LANGUAGE	DOWNLOAD THE "CALM" APP

Mindfulness Bingo

PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	READ EBOOK: MINDFULNESS MADE SIMPLE	DO A RANDOM ACT OF KINDNESS
WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	WRITE SOMEONE A THANK YOU NOTE	SET A REMINDER TO BREATHE ON YOUR COMPUTER	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	HAVE A VULNERABLE CONVERSATION
WASH THE DISHES BY HAND AND ENJOY THE CALM	PRACTICE MINDFUL EATING	DOWNLOAD THE "CALM" APP	ENJOY A MEDITATIVE WALK	LISTEN TO A GUIDED MEDITATION
READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	READ ARTICLE ON BODY LANGUAGE	DO SOMETHING CREATIVE
DO VOLUNTEER WORK	START READING A BOOK BY THICH NHAT HANH	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	PRACTICE YOGA

Mindfulness Bingo

WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	SET A REMINDER TO BREATHE ON YOUR COMPUTER	DOWNLOAD THE "CALM" APP	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	PLACE A REMINDER TO BREATHE IN YOUR APARTMENT
READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	READ ARTICLE ON BODY LANGUAGE	LISTEN TO A GUIDED MEDITATION	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	PRACTICE YOGA
READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM	ENJOY A MEDITATIVE WALK	DO SOMETHING CREATIVE	PRACTICE MINDFUL EATING	HAVE A VULNERABLE CONVERSATION
READ EBOOK: MINDFULNESS MADE SIMPLE	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	DO A RANDOM ACT OF KINDNESS	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	DO VOLUNTEER WORK
START READING A BOOK BY THICH NHAT HANH	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	WASH THE DISHES BY HAND AND ENJOY THE CALM	WRITE SOMEONE A THANK YOU NOTE

Mindfulness Bingo

SET A REMINDER TO BREATHE ON YOUR COMPUTER	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	Do SOMETHING CREATIVE	Do A RANDOM ACT OF KINDNESS
HAVE A VULNERABLE CONVERSATION	PRACTICE MINDFUL EATING	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	WRITE SOMEONE A THANK YOU NOTE
PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	READ ARTICLE ON BODY LANGUAGE	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM
WASH THE DISHES BY HAND AND ENJOY THE CALM	LISTEN TO A GUIDED MEDITATION	Do VOLUNTEER WORK	START READING A BOOK BY THICH NHAT HANH	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE
ENJOY A MEDITATIVE WALK	PRACTICE YOGA	READ EBOOK: MINDFULNESS MADE SIMPLE	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	DOWNLOAD THE "CALM" APP

Mindfulness Bingo

ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	ENJOY A MEDITATIVE WALK	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	WASH THE DISHES BY HAND AND ENJOY THE CALM	DOWNLOAD THE "CALM" APP
BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	WRITE SOMEONE A THANK YOU NOTE	PRACTICE MINDFUL EATING	WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	PLACE A REMINDER TO BREATHE IN YOUR APARTMENT
Do SOMETHING CREATIVE	READ EBOOK: MINDFULNESS MADE SIMPLE	PRACTICE YOGA	Do A RANDOM ACT OF KINDNESS	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE
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START READING A BOOK BY THICH NHAT HANH	HAVE A VULNERABLE CONVERSATION	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	Do VOLUNTEER WORK	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND

Mindfulness Bingo

PRACTICE YOGA	ENJOY A MEDITATIVE WALK	WRITE SOMEONE A THANK YOU NOTE	WRITE DOWN YOUR FEARS AND DISCUSS THEM WITH A FRIEND	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>
WATCH BRENE BROWN'S TED TALK ON VULNERABILITY	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	LISTEN TO A GUIDED MEDITATION	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM
DO SOMETHING CREATIVE	SET A REMINDER TO BREATHE ON YOUR COMPUTER	PRACTICE MINDFUL EATING	DO A RANDOM ACT OF KINDNESS	START READING A BOOK BY THICH NHAT HANH
HAVE A VULNERABLE CONVERSATION	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	READ ARTICLE ON BODY LANGUAGE	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	PLACE A REMINDER TO BREATHE IN YOUR APARTMENT
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Mindfulness Bingo

PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	START READING A BOOK BY THICH NHAT HANH	WRITE SOMEONE A THANK YOU NOTE	READ EBOOK: MINDFULNESS MADE SIMPLE	DOWNLOAD THE "CALM" APP
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DO A RANDOM ACT OF KINDNESS	SET A REMINDER TO BREATHE ON YOUR COMPUTER	WASH THE DISHES BY HAND AND ENJOY THE CALM	LISTEN TO PODCAST: "ON BEING" BY KRISTA TIPPETT	HAVE A VULNERABLE CONVERSATION
DO SOMETHING CREATIVE	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	ENJOY A MEDITATIVE WALK	DO VOLUNTEER WORK	<small>READ "40 WAYS TO PRACTICE MINDFULNESS" FROM LEFTBRAINBUDDHA.COM</small>
LISTEN TO A GUIDED MEDITATION	READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE	BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT	PRACTICE MINDFUL EATING	PRACTICE YOGA

Mindfulness Bingo

PLACE A REMINDER TO BREATHE IN YOUR APARTMENT	CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING	WRITE DOWN 3 THINGS YOU THINK ABOUT DAILY AND HOW TO OVERCOME OR ACCEPT THEM	ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER	Do SOMETHING CREATIVE
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