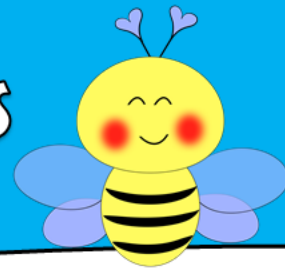




# A TO Z of MINDFULNESS



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ELSA Support uses some Clipart from these very talented artists.



MyCuteGraphics



## Relaxation and Mindfulness Bingo Set 1 For up to 8 players



# A TO Z OF MINDFULNESS

**A** AWARENESS  
of yourself  
and  
surroundings

**B** BELIEVE  
in yourself

**C** CALM  
and relaxed

**D** DAYDREAM  
and let your  
thoughts  
wander

**E** EMPATHISE  
with yourself

**F** FEEL  
and  
acknowledge  
your emotions

**G** GRATITUDE  
be thankful  
for what  
you have

**H** HAPPINESS  
let yourself  
be happy

**I** IMAGINATION  
use yours

**J** JOY  
be joyful

**K** KINDNESS  
to yourself  
and others

**L** LISTEN  
to what is  
happening  
now

**M** MEDITATE  
and learn  
how to  
relax

**N** NATURE  
enjoy all the  
nature  
around you

**O** OPEN  
your mind to  
the sensations  
around you

**P** PEACE  
find  
peacefulness

**Q** QUIET  
find a quiet  
place with no  
distractions

**R** REST  
your mind  
for a  
minute

**S** SEE  
what is  
around you right  
now!

**T** TIME  
be here now  
in the present  
moment

**U** USE  
your  
senses

**V** VISUALISE  
your happy  
place

**W** WELLBEING  
look after  
yours


**X** EXHALE  
slowly

**Y** YOGA  
learn some  
exercises

**Z** ZEN  
be at  
peace



# A TO Z OF MINDFULNESS

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
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