

MUSIC city COUNSELOR

THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

DIRECTIONS:

This BINGO game is an engaging and FUN way to teach and review mindfulness strategies!

25 BINGO boards and 24 calling cards are included.

Please print the calling cards and BINGO boards.

Please cut out the calling cards. I recommend laminating the BINGO materials or printing them on cardstock so you can use them time and time again.

This game is played like a traditional BINGO game. To play, the educator chooses a calling card out of a bucket or bag and reads it aloud. Then, students place a marker on the space that was called. The middle space is a FREE SPACE on each board. The first player to get 5 spaces in a row, wins!

Questions, comments, or suggestions? Please feel free to contact me any time. I'm here to help!

laura@musiccitycounselor.com

CALLING

CARDS

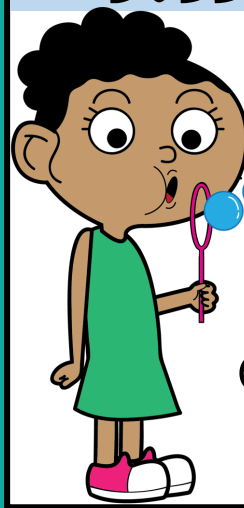
NOTICE SOUNDS



Focus on what you hear around you.

© Music City Counselor

BUBBLE BREATHING



Take a deep breath in. Then, take a long, gentle breath out like you would to blow a bubble.

© Music City Counselor

ENJOY WILDLIFE



Notice animals, insects, and plants around you.

© Music City Counselor

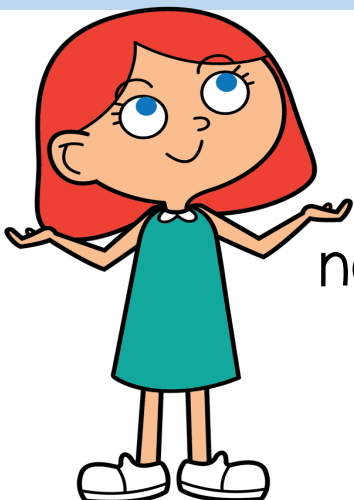
DRAW



Focus your mind on creativity and color.

© Music City Counselor

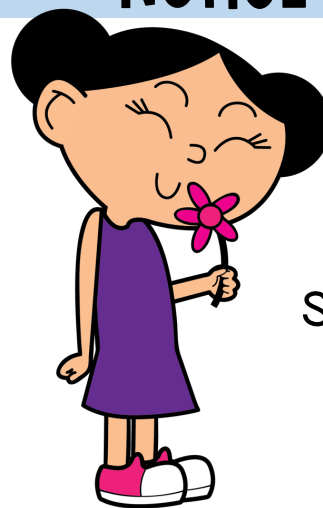
BE PRESENT



Be in the "here and now." Not the past or future.

© Music City Counselor

NOTICE SCENTS



Focus on what you smell around you.

© Music City Counselor

GARDEN

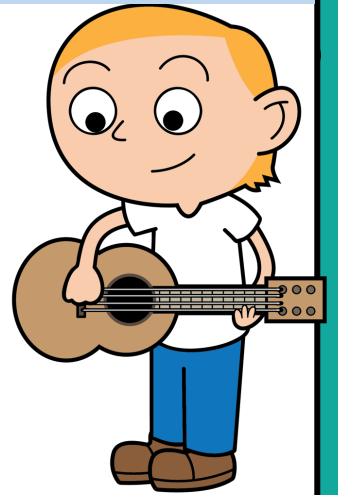


Focus your mind on nature and growth.

© Music City Counselor

PLAY MUSIC

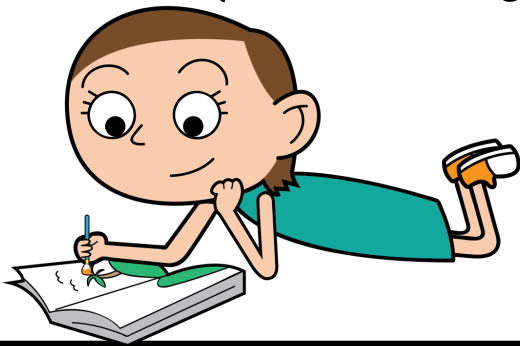
Focus on the notes, melodies, and tones of your instrument.



© Music City Counselor

JOURNAL OR WRITE

Writing helps you get in touch with your feelings.



© Music City Counselor

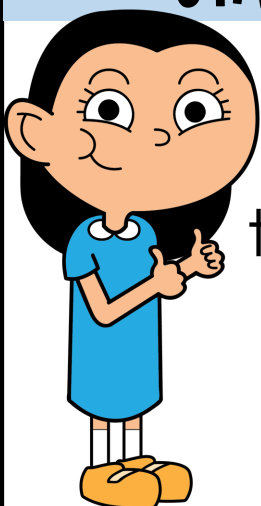
MEDITATE

Be fully aware of and present in this moment.



© Music City Counselor

STAY POSITIVE



Think happy thoughts. Believe in yourself. Find joy.

© Music City Counselor

PLAY OUTSIDE

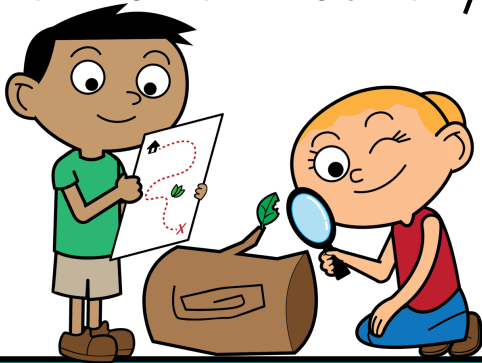
Feel the sunshine. Get your hands dirty. Enjoy the outdoors.



© Music City Counselor

ENJOY NATURE

Explore the outdoors and world around you.



© Music City Counselor

NOTICE SIGHTS

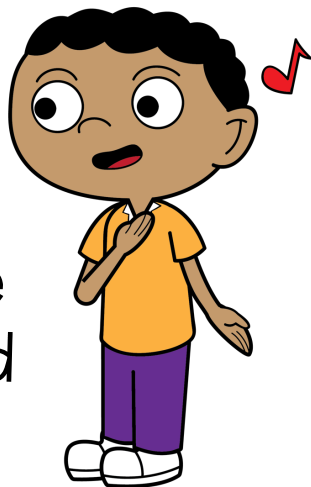


Focus on what you see around you.

© Music City Counselor

SING

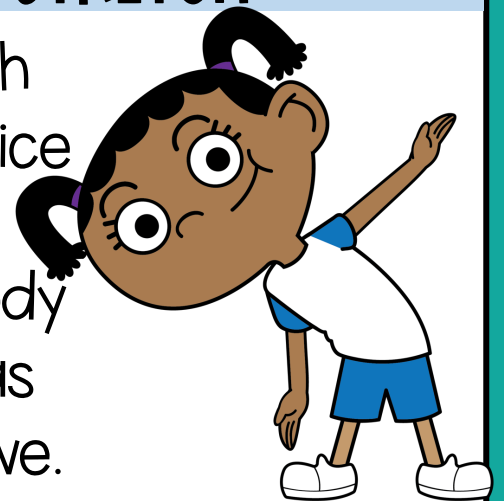
Sing songs that make you happy. Focus on the melodies and sounds.



© Music City Counselor

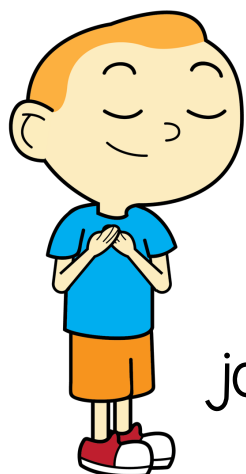
STRETCH

Stretch and notice how your body feels as you move.



© Music City Counselor

BE THANKFUL



THANKS

Practice gratitude for the gifts and joys in your life.

© Music City Counselor

BREATHE DEEPLY



Take deep breaths in your nose and out your mouth.

© Music City Counselor

COUNT TO 10

Focus on counting and notice your mind relax.



© Music City Counselor

RAINBOW BREATHING

Draw a rainbow. Trace each color with your finger. Breathe in and out as you change colors.



© Music City Counselor

HUG A PLUSHIE

Hug a plushie. Feel how soft and comforting it is in your arms.



© Music City Counselor

PAINT

Focus on the colors and lines that your paintbrush creates.



© Music City Counselor

USE FIDGET TOOLS

Use tools and toys that help your brain focus and stay present.



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RELAX IN NATURE

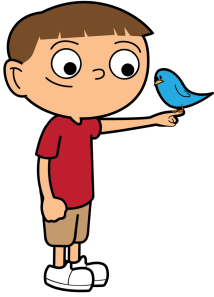
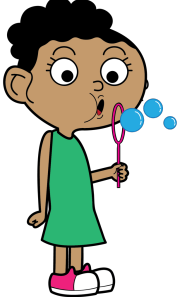


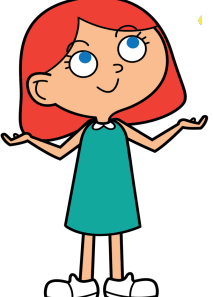
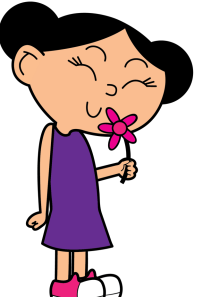


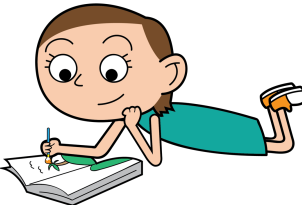

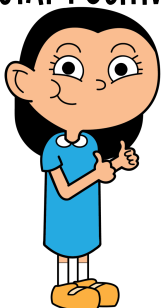


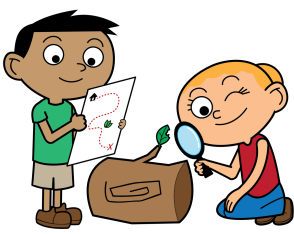
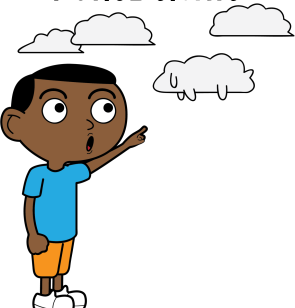

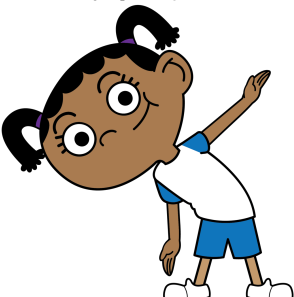

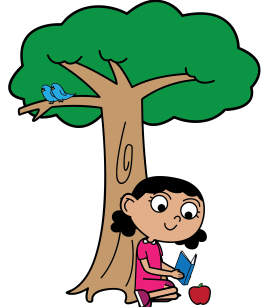


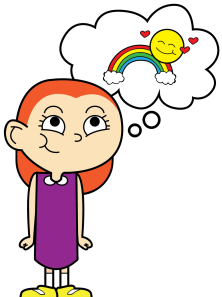



Spend time in the fresh air. Read a book, sit by a tree, or write a poem.




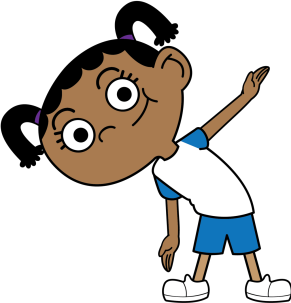
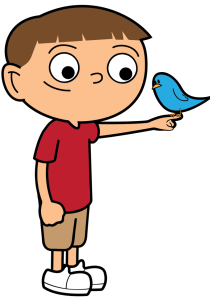


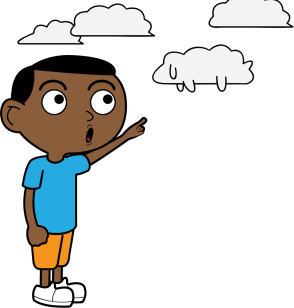

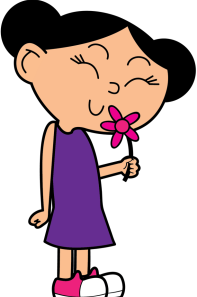

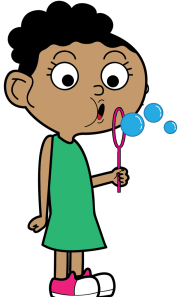




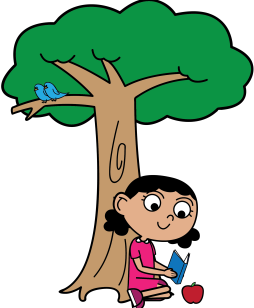
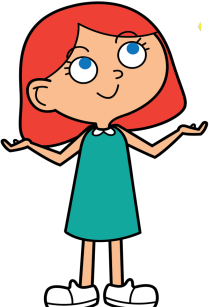
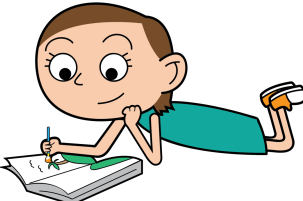


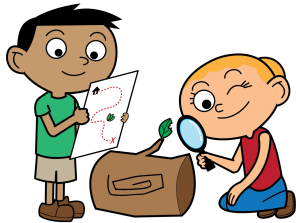
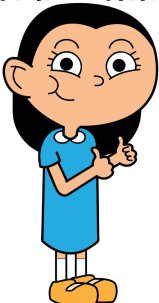




BINGO

BOARDS





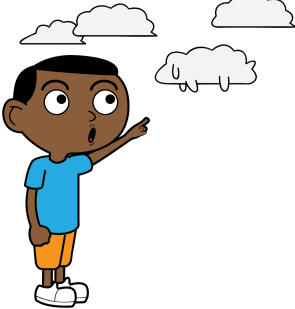

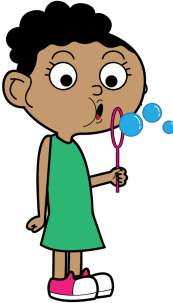
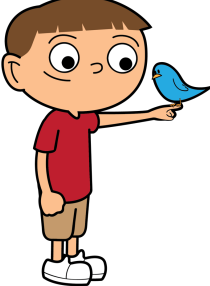
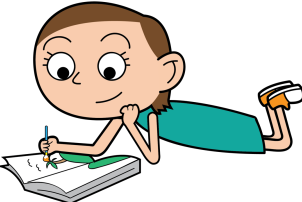
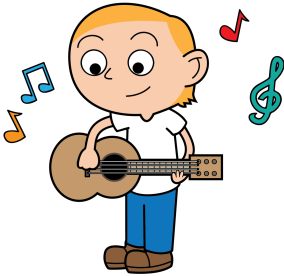
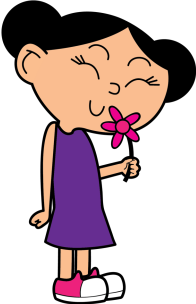
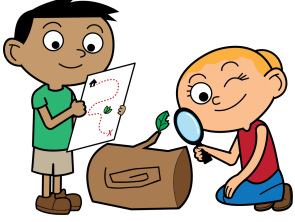




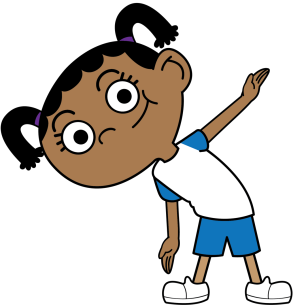
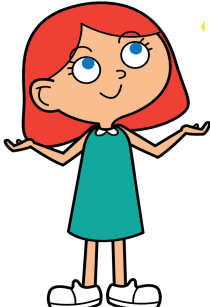

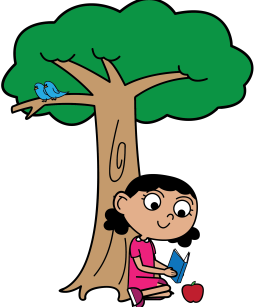





MINDFULNESS BINGO

<p>NOTICE SOUNDS</p> 	<p>BUBBLE BREATHING</p> 	<p>ENJOY WILDLIFE</p> 	<p>DRAW</p> 	<p>BE PRESENT</p> 
<p>NOTICE SCENTS</p> 	<p>GARDEN</p> 	<p>PLAY MUSIC</p> 	<p>JOURNAL OR WRITE</p> 	<p>MEDITATE</p> 
<p>STAY POSITIVE</p> 	<p>PLAY OUTSIDE</p> 	<p>FREE SPACE</p> 	<p>ENJOY NATURE</p> 	<p>NOTICE SIGHTS</p> 
<p>SING</p> 	<p>STRETCH</p> 	<p>BE THANKFUL</p> 	<p>RELAX IN NATURE</p> 	<p>BREATHE DEEPLY</p> 
<p>COUNT TO 10</p> 	<p>RAINBOW BREATHING</p> 	<p>HUG A PLUSHIE</p> 	<p>PAINT</p> 	<p>USE FIDGET TOOLS</p> 




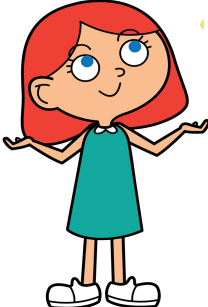

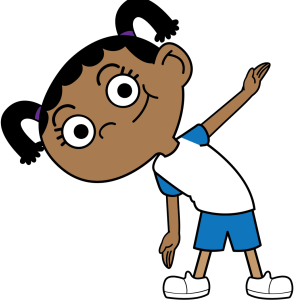


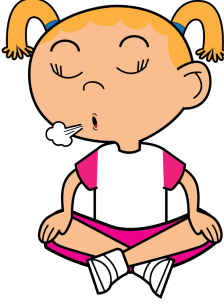
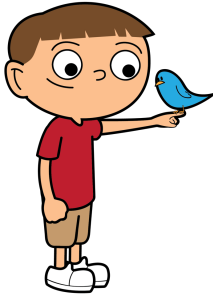
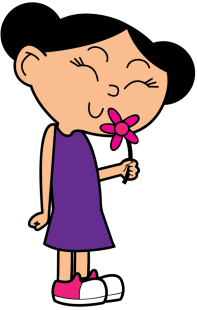
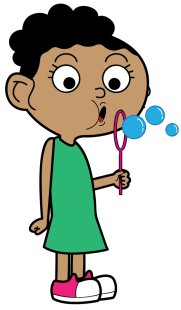

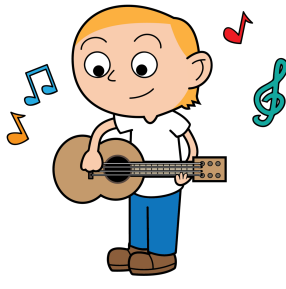

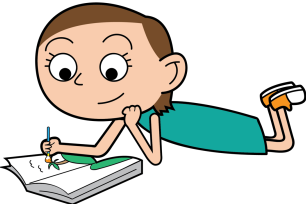

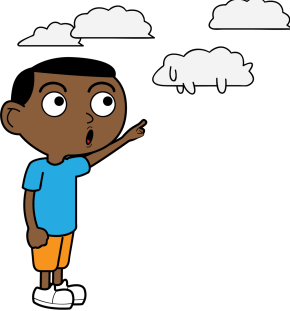

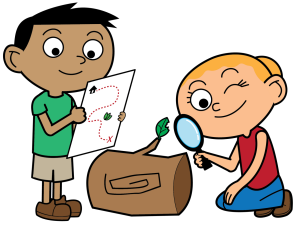


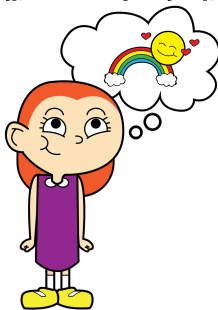


MINDFULNESS BINGO

<p>ENJOY WILDLIFE</p> 	<p>STRETCH</p> 	<p>NOTICE SOUNDS</p> 	<p>HUG A PLUSHIE</p> 	<p>RAINBOW BREATHING</p> 
<p>NOTICE SIGHTS</p> 	<p>SING</p> 	<p>NOTICE SCENTS</p> 	<p>GARDEN</p> 	<p>BUBBLE BREATHING</p> 
<p>PLAY OUTSIDE</p> 	<p>MEDITATE</p> 	<p>FREE SPACE</p> 	<p>PLAY MUSIC</p> 	<p>RELAX IN NATURE</p> 
<p>BE PRESENT</p> 	<p>JOURNAL OR WRITE</p> 	<p>COUNT TO 10</p> 	<p>BREATHE DEEPLY</p> 	<p>ENJOY NATURE</p> 
<p>STAY POSITIVE</p> 	<p>BE THANKFUL</p> 	<p>DRAW</p> 	<p>PAINT</p> 	<p>USE FIDGET TOOLS</p> 

MINDFULNESS BINGO

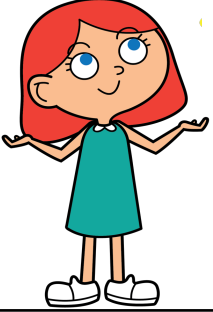
<p>ENJOY WILDLIFE</p> 	<p>HUG A PLUSHIE</p> 	<p>DRAW</p> 	<p>MEDITATE</p> 	<p>NOTICE SIGHTS</p> 
<p>SING</p> 	<p>BUBBLE BREATHING</p> 	<p>NOTICE SOUNDS</p> 	<p>JOURNAL OR WRITE</p> 	<p>PLAY MUSIC</p> 
<p>NOTICE SCENTS</p> 	<p>ENJOY NATURE</p> 	<p>FREE SPACE</p> 	<p>RAINBOW BREATHING</p> 	<p>COUNT TO 10</p> 
<p>PAINT</p> 	<p>STRETCH</p> 	<p>BE PRESENT</p> 	<p>GARDEN</p> 	<p>RELAX IN NATURE</p> 
<p>BE THANKFUL</p> 	<p>PLAY OUTSIDE</p> 	<p>STAY POSITIVE</p> 	<p>BREATHE DEEPLY</p> 	<p>USE FIDGET TOOLS</p> 

MINDFULNESS BINGO

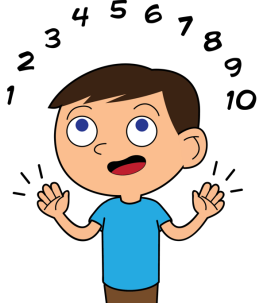
<p>BE THANKFUL</p> 	<p>PAINT</p> 	<p>ENJOY WILDLIFE</p> 	<p>BE PRESENT</p> 	<p>STAY POSITIVE</p> 
<p>STRETCH</p> 	<p>DRAW</p> 	<p>RELAX IN NATURE</p> 	<p>BREATHE DEEPLY</p> 	<p>NOTICE SOUNDS</p> 
<p>NOTICE SCENTS</p> 	<p>BUBBLE BREATHING</p> 	<p>FREE SPACE</p> 	<p>PLAY MUSIC</p> 	<p>MEDITATE</p> 
<p>JOURNAL OR WRITE</p> 	<p>HUG A PLUSHIE</p> 	<p>NOTICE SIGHTS</p> 	<p>SING</p> 	<p>ENJOY NATURE</p> 
<p>COUNT TO 10</p> 	<p>GARDEN</p> 	<p>RAINBOW BREATHING</p> 	<p>PLAY OUTSIDE</p> 	<p>USE FIDGET TOOLS</p> 

MINDFULNESS BINGO

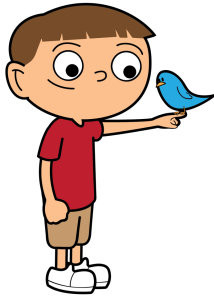
BE PRESENT



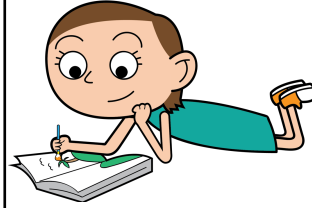
COUNT TO 10



NOTICE SOUNDS



JOURNAL OR WRITE



PLAY OUTSIDE



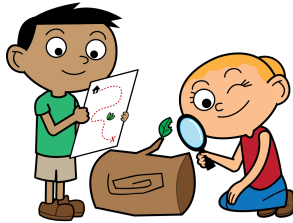
PAINT



MEDITATE



ENJOY NATURE



SING



DRAW



RAINBOW BREATHING



BREATHE DEEPLY



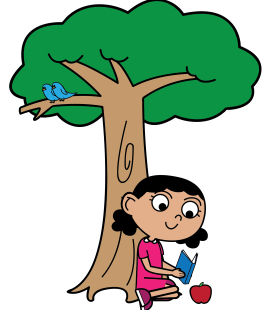
FREE SPACE



BE THANKFUL



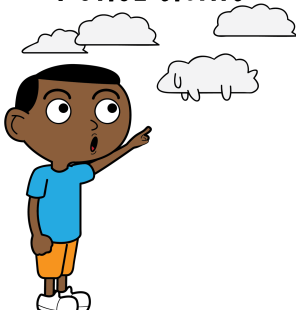
RELAX IN NATURE



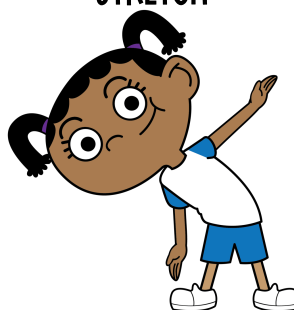
HUG A PLUSHIE



NOTICE SIGHTS



STRETCH



GARDEN



PLAY MUSIC



STAY POSITIVE



USE FIDGET TOOLS



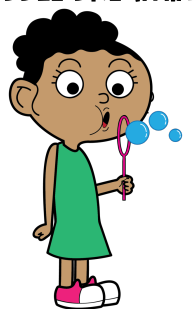
ENJOY WILDLIFE





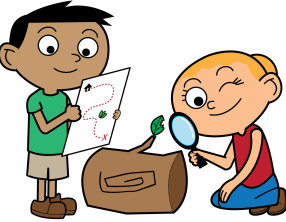




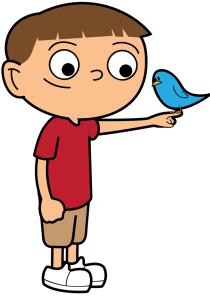
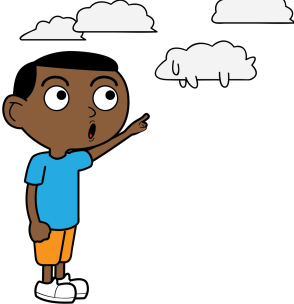









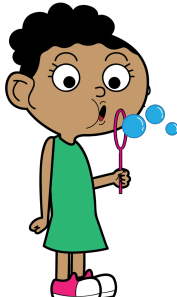
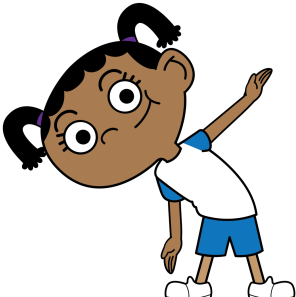
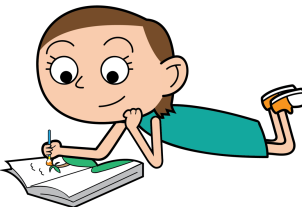

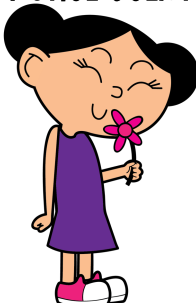
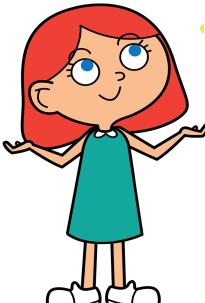

NOTICE SCENTS



BUBBLE BREATHING



MINDFULNESS BINGO

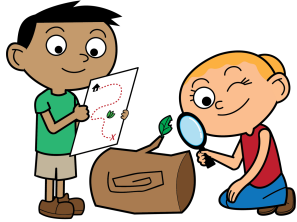
<p>ENJOY WILDLIFE</p> 	<p>PAINT</p> 	<p>ENJOY NATURE</p> 	<p>RELAX IN NATURE</p> 	<p>RAINBOW BREATHING</p> 
<p>PLAY OUTSIDE</p> 	<p>STAY POSITIVE</p> 	<p>NOTICE SOUNDS</p> 	<p>NOTICE SIGHTS</p> 	<p>COUNT TO 10</p> 
<p>BREATHE DEEPLY</p> 	<p>SING</p> 	<p>FREE SPACE</p> 	<p>HUG A PLUSHIE</p> 	<p>DRAW</p> 
<p>MEDITATE</p> 	<p>PLAY MUSIC</p> 	<p>GARDEN</p> 	<p>BUBBLE BREATHING</p> 	<p>STRETCH</p> 
<p>JOURNAL OR WRITE</p> 	<p>BE THANKFUL</p> 	<p>NOTICE SCENTS</p> 	<p>BE PRESENT</p> 	<p>USE FIDGET TOOLS</p> 

MINDFULNESS BINGO

MEDITATE



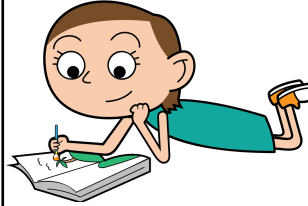
ENJOY NATURE



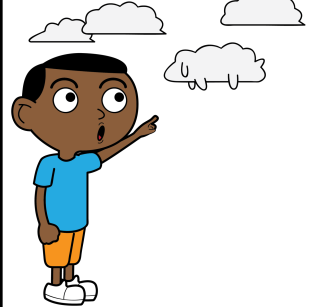
BREATHE DEEPLY



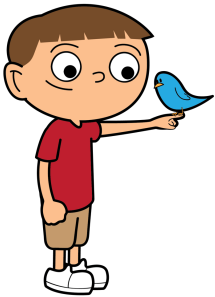
JOURNAL OR WRITE



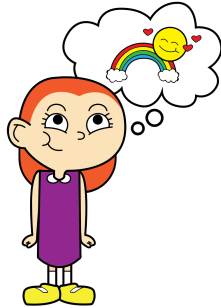
NOTICE SIGHTS



NOTICE SOUNDS



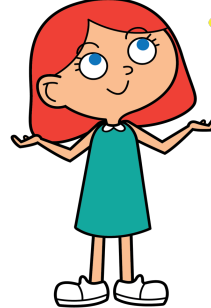
RAINBOW BREATHING



USE FIDGET TOOLS



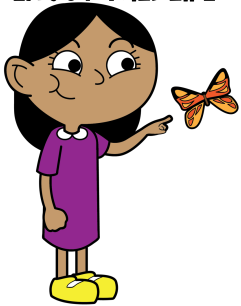
BE PRESENT



PLAY OUTSIDE



ENJOY WILDLIFE



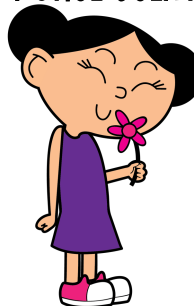
HUG A PLUSHIE



FREE SPACE



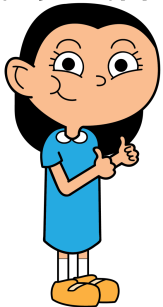
NOTICE SCENTS



DRAW



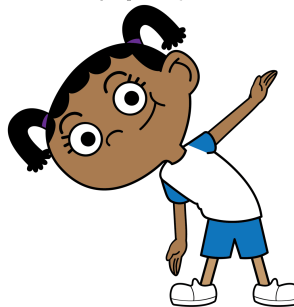
STAY POSITIVE



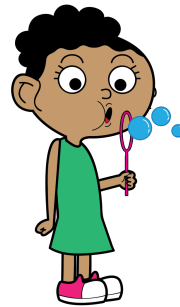
SING



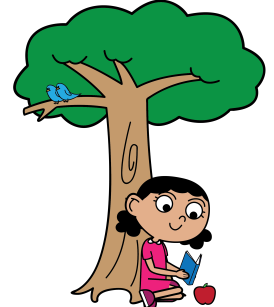
STRETCH



BUBBLE BREATHING



RELAX IN NATURE



PLAY MUSIC



BE THANKFUL



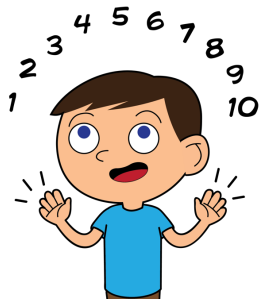
GARDEN



PAINT



COUNT TO 10

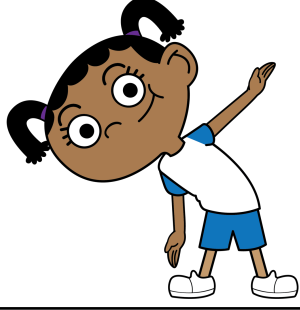


MINDFULNESS BINGO

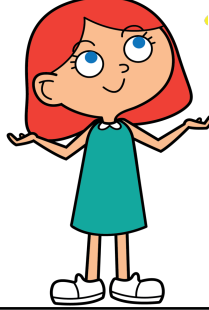
RAINBOW BREATHING



STRETCH



BE PRESENT



PAINT



ENJOY WILDLIFE



GARDEN



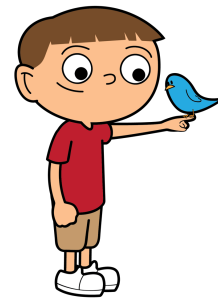
DRAW



NOTICE SCENTS



NOTICE SOUNDS



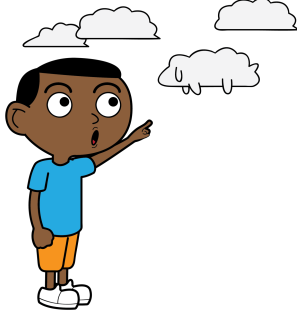
BE THANKFUL



RELAX IN NATURE



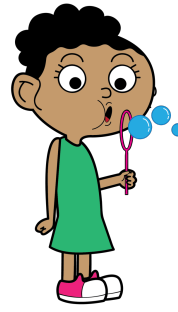
NOTICE SIGHTS



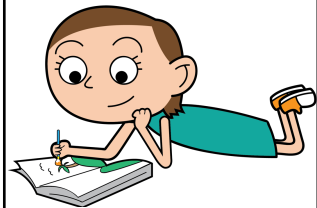
FREE SPACE



BUBBLE BREATHING



JOURNAL OR WRITE



HUG A PLUSHIE



USE FIDGET TOOLS



BREATHE DEEPLY



SING



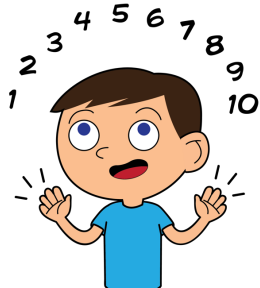
MEDITATE



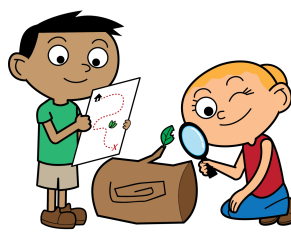
PLAY OUTSIDE



COUNT TO 10



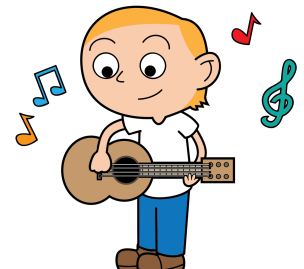
ENJOY NATURE







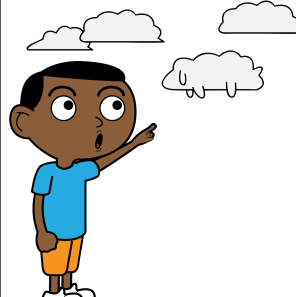

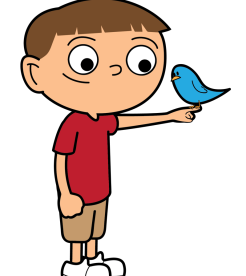
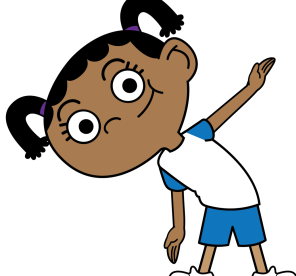
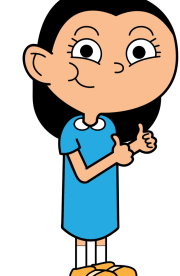


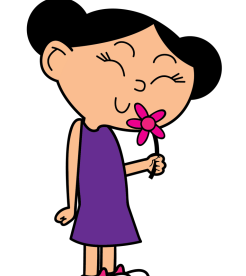

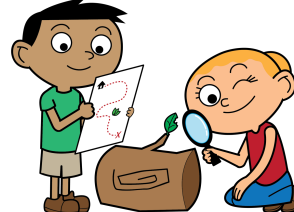

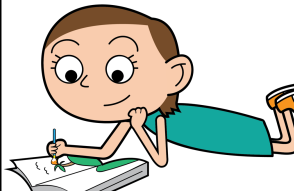

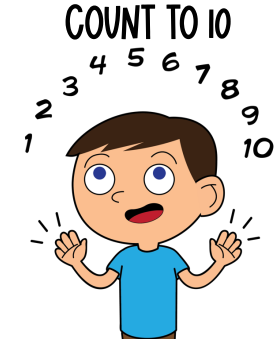

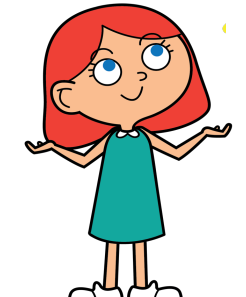


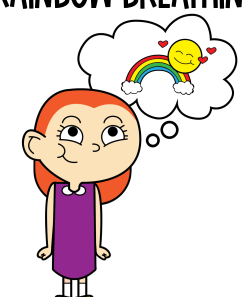
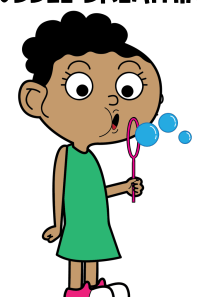

STAY POSITIVE



PLAY MUSIC

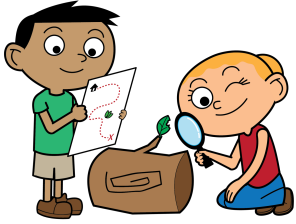


MINDFULNESS BINGO

<p>PAINT</p> 	<p>BREATHE DEEPLY</p> 	<p>MEDITATE</p> 	<p>RELAX IN NATURE</p> 	<p>NOTICE SIGHTS</p> 
<p>PLAY OUTSIDE</p> 	<p>NOTICE SOUNDS</p> 	<p>STRETCH</p> 	<p>STAY POSITIVE</p> 	<p>PLAY MUSIC</p> 
<p>SING</p> 	<p>NOTICE SCENTS</p> 	<p>FREE SPACE</p> 	<p>ENJOY NATURE</p> 	<p>BE THANKFUL</p> 
<p>JOURNAL OR WRITE</p> 	<p>DRAW</p> 	<p>COUNT TO 10</p> 	<p>ENJOY WILDLIFE</p> 	<p>BE PRESENT</p> 
<p>USE FIDGET TOOLS</p> 	<p>GARDEN</p> 	<p>RAINBOW BREATHING</p> 	<p>BUBBLE BREATHING</p> 	<p>HUG A PLUSHIE</p> 

MINDFULNESS BINGO

ENJOY NATURE



BE THANKFUL



RELAX IN NATURE



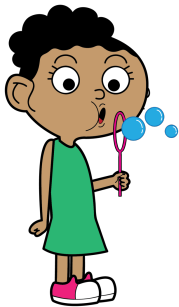
NOTICE SIGHTS



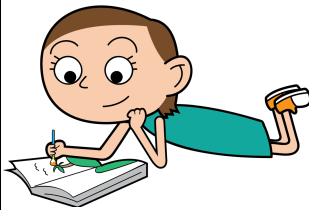
PLAY MUSIC



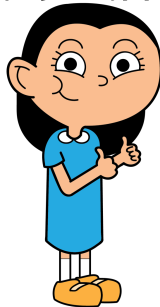
BUBBLE BREATHING



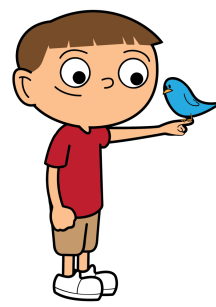
JOURNAL OR WRITE



STAY POSITIVE



NOTICE SOUNDS



MEDITATE



SING



DRAW



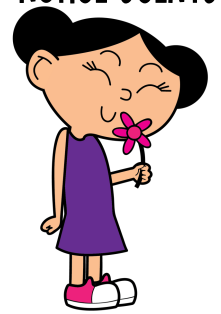
FREE SPACE



COUNT TO 10



NOTICE SCENTS



BREATH DEEPLY



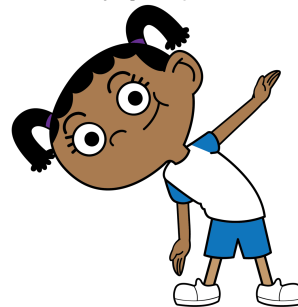
RAINBOW BREATHING



PAINT



STRETCH



GARDEN



USE FIDGET TOOLS



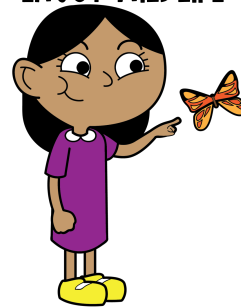
HUG A PLUSHIE



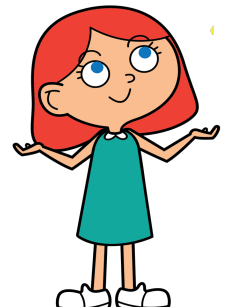
PLAY OUTSIDE



ENJOY WILDLIFE

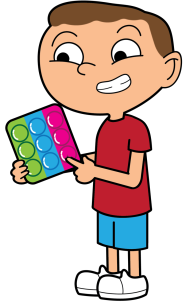


BE PRESENT

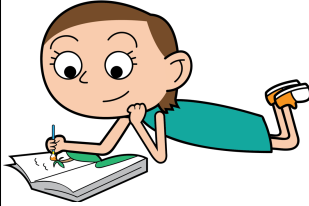


MINDFULNESS BINGO

USE FIDGET TOYS



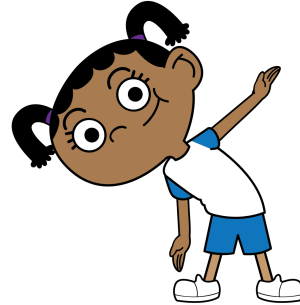
JOURNAL OR WRITE



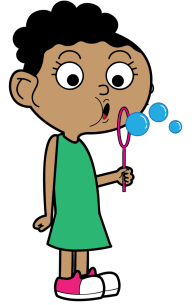
RELAX IN NATURE



STRETCH



BUBBLE BREATHING



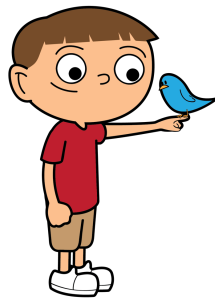
DRAW



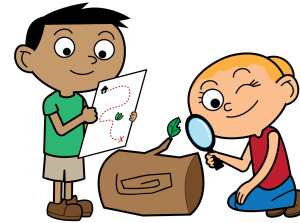
MEDITATE



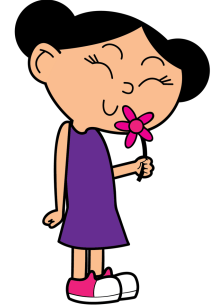
NOTICE SOUNDS



ENJOY NATURE



NOTICE SCENTS



COUNT TO 10



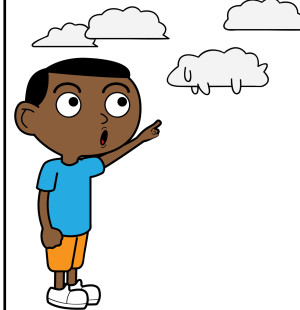
SING



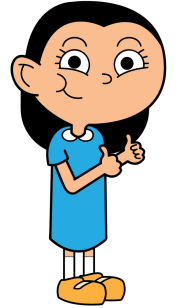
FREE SPACE



NOTICE SIGHTS



STAY POSITIVE



PAINT



HUG A PLUSHIE



PLAY OUTSIDE



ENJOY WILDLIFE



GARDEN



BREATHE DEEPLY



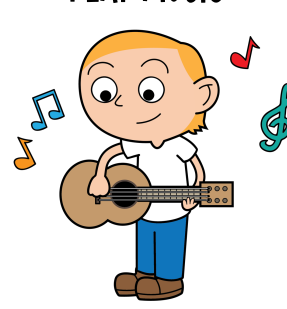
RAINBOW BREATHING



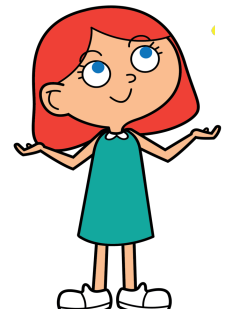
BE THANKFUL



PLAY MUSIC



BE PRESENT

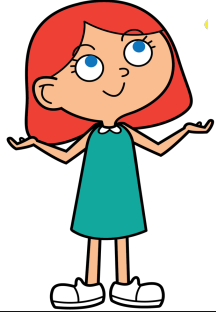


MINDFULNESS BINGO

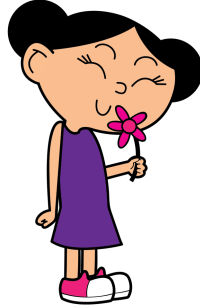
BE THANKFUL



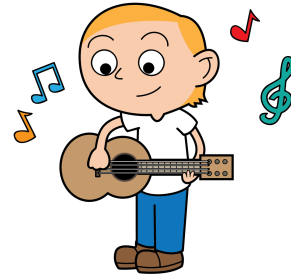
BE PRESENT



NOTICE SCENTS



PLAY MUSIC



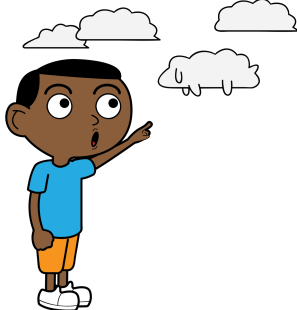
ENJOY WILDLIFE



STAY POSITIVE



NOTICE SIGHTS



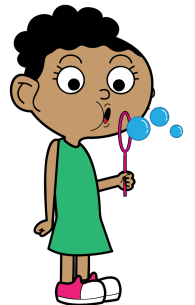
PAINT



SING



BUBBLE BREATHING



PLAY OUTSIDE



COUNT TO 10



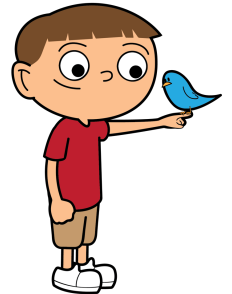
FREE SPACE



DRAW



NOTICE SOUNDS



USE FIDGET TOOLS



BREATHE DEEPLY



RAINBOW BREATHING



RELAX IN NATURE



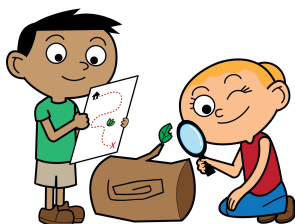
GARDEN



MEDITATE



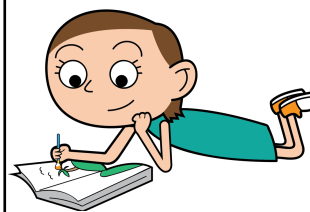
ENJOY NATURE



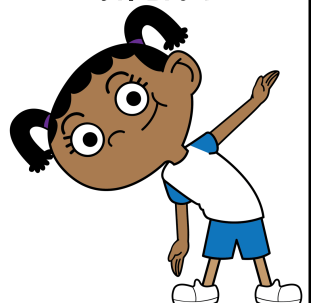
HUG A PLUSHIE



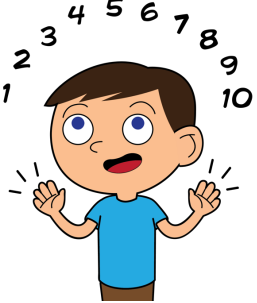

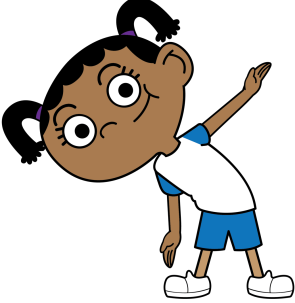
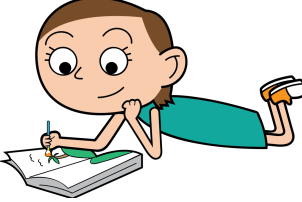


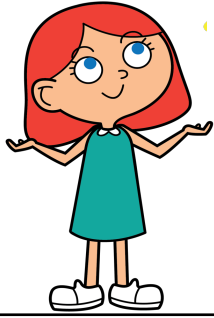
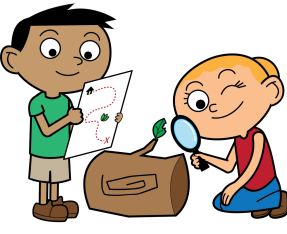


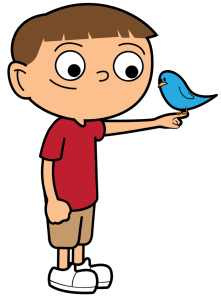


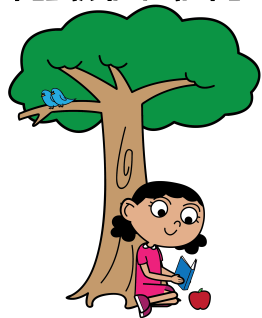




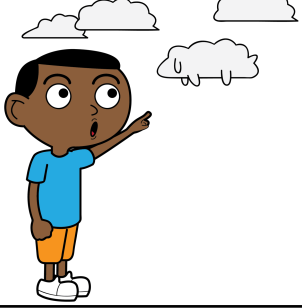



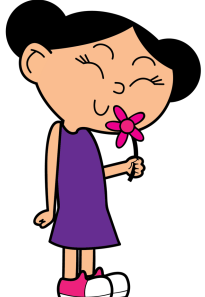
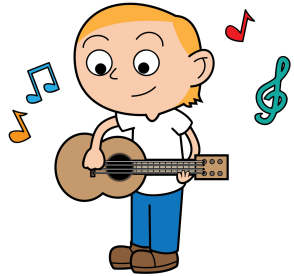
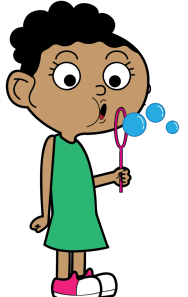
JOURNAL OR WRITE



STRETCH



MINDFULNESS BINGO

<p>COUNT TO 10</p> 	<p>STAY POSITIVE</p> 	<p>STRETCH</p> 	<p>JOURNAL OR WRITE</p> 	<p>PAINT</p> 
<p>BREATHE DEEPLY</p> 	<p>BE PRESENT</p> 	<p>ENJOY NATURE</p> 	<p>DRAW</p> 	<p>ENJOY WILDLIFE</p> 
<p>NOTICE SOUNDS</p> 	<p>BE THANKFUL</p> 	<p>FREE SPACE</p> 	<p>RELAX IN NATURE</p> 	<p>HUG A PLUSHIE</p> 
<p>RAINBOW BREATHING</p> 	<p>USE FIDGET TOOLS</p> 	<p>MEDITATE</p> 	<p>NOTICE SIGHTS</p> 	<p>SING</p> 
<p>PLAY OUTSIDE</p> 	<p>GARDEN</p> 	<p>NOTICE SCENTS</p> 	<p>PLAY MUSIC</p> 	<p>BUBBLE BREATHING</p> 

MINDFULNESS BINGO

PLAY OUTSIDE



PLAY MUSIC



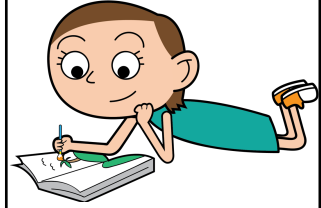
DRAW



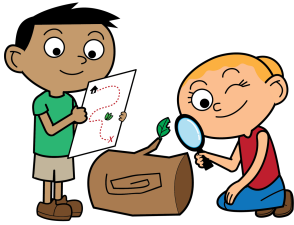
PAINT



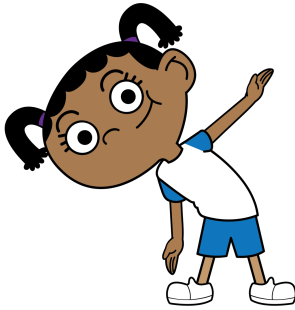
JOURNAL OR WRITE



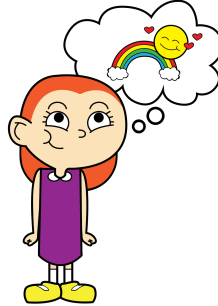
ENJOY NATURE



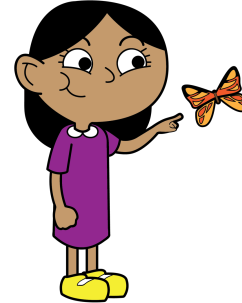
STRETCH



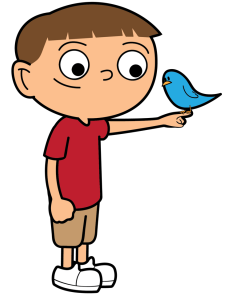
RAINBOW BREATHING



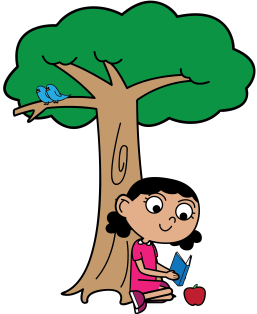
ENJOY WILDLIFE



NOTICE SOUNDS



RELAX IN NATURE



USE FIDGET TOOLS



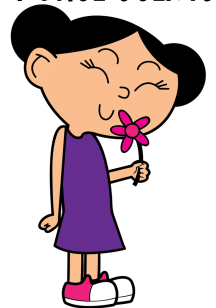
FREE SPACE



HUG A PLUSHIE



NOTICE SCENTS



BREATH DEEPLY



SING



STAY POSITIVE



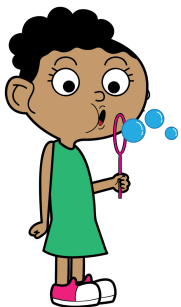
BE THANKFUL



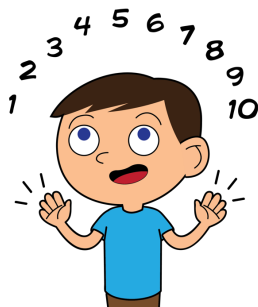
MEDITATE



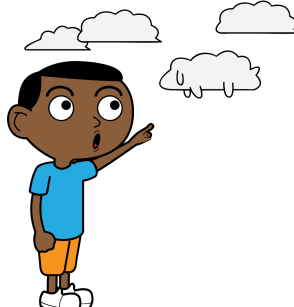
BUBBLE BREATHING



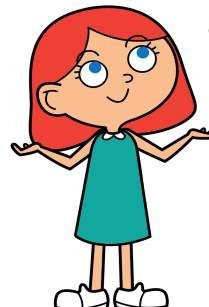
COUNT TO 10



NOTICE SIGHTS



BE PRESENT

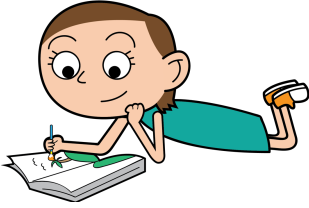


GARDEN

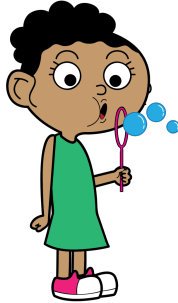


MINDFULNESS BINGO

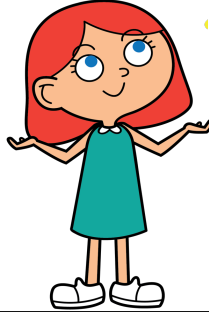
JOURNAL OR WRITE



BUBBLE BREATHING



BE PRESENT



PAINT



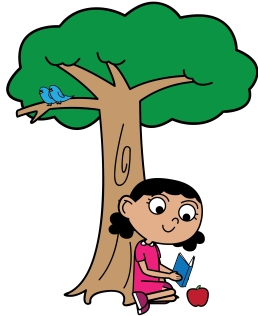
STAY POSITIVE



HUG A PLUSHIE



RELAX IN NATURE



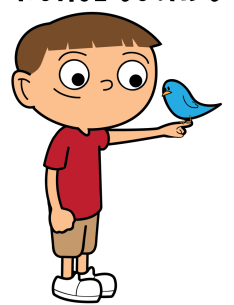
SING



COUNT TO 10



NOTICE SOUNDS



USE FIDGET TOOLS



DRAW



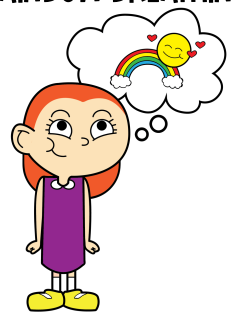
FREE SPACE



MEDITATE



RAINBOW BREATHING



PLAY OUTSIDE



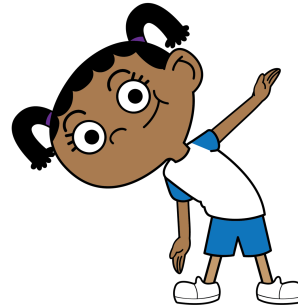
BREATHE DEEPLY



ENJOY NATURE



STRETCH



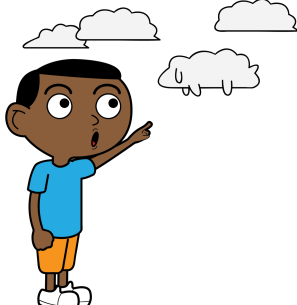
GARDEN



BE THANKFUL



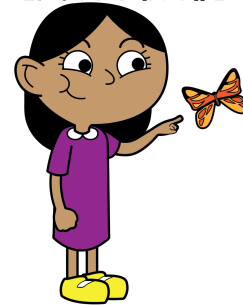
NOTICE SIGHTS



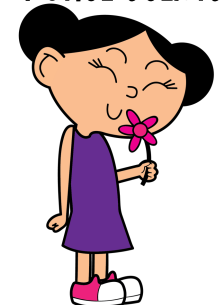
PLAY MUSIC



ENJOY WILDLIFE

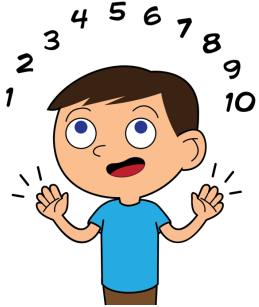


NOTICE SCENTS

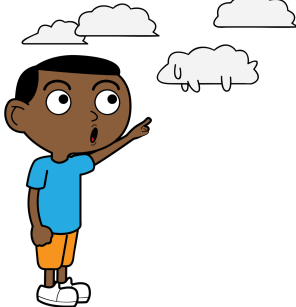


MINDFULNESS BINGO

COUNT TO 10



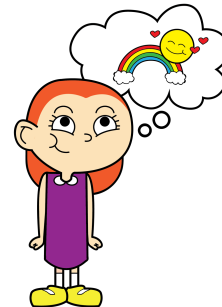
NOTICE SIGHTS



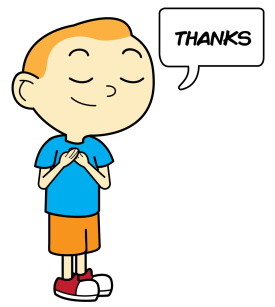
SING



RAINBOW BREATHING



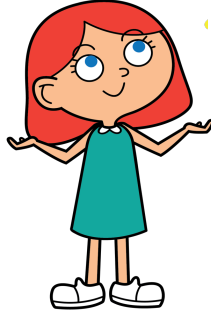
BE THANKFUL



ENJOY WILDLIFE



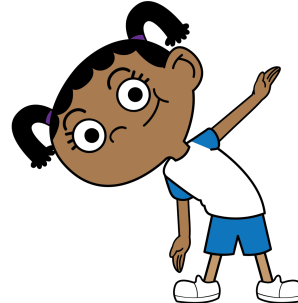
BE PRESENT



HUG A PLUSHIE



STRETCH



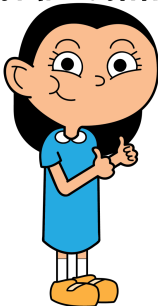
GARDEN



BREATHE DEEPLY



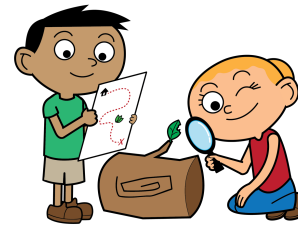
STAY POSITIVE



FREE SPACE



ENJOY NATURE



PLAY OUTSIDE



PAINT



PLAY MUSIC



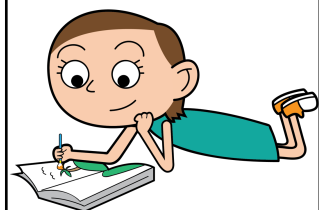
DRAW



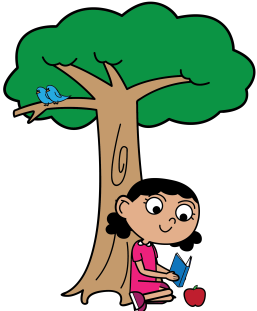
BUBBLE BREATHING



JOURNAL OR WRITE



RELAX IN NATURE



MEDITATE



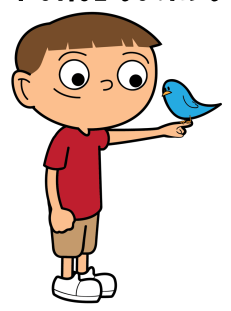
USE FIDGET TOOLS



NOTICE SCENTS

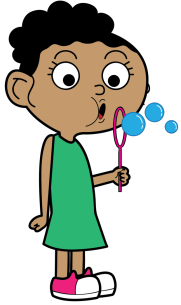


NOTICE SOUNDS



MINDFULNESS BINGO

BUBBLE BREATHING



RELAX IN NATURE



BREATHE DEEPLY



BE THANKFUL



USE FIDGET TOOLS



DRAW



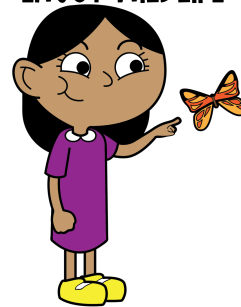
PAINT



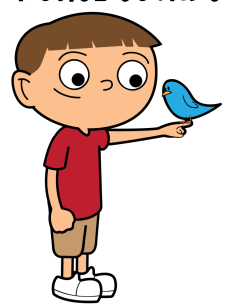
PLAY MUSIC



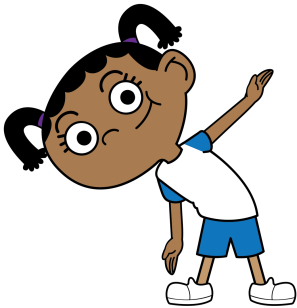
ENJOY WILDLIFE



NOTICE SOUNDS



STRETCH



GARDEN



FREE SPACE



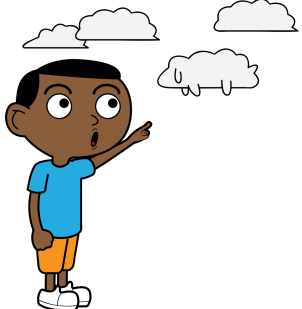
NOTICE SCENTS



HUG A PLUSHIE



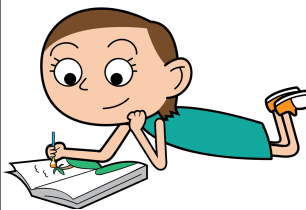
NOTICE SIGHTS



STAY POSITIVE



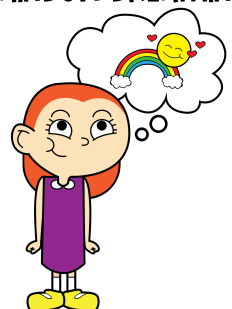
JOURNAL OR WRITE



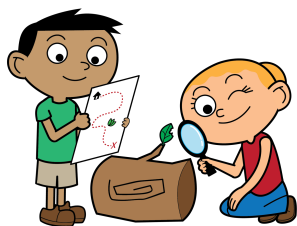
MEDITATE



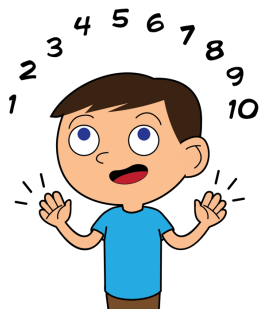
RAINBOW BREATHING



ENJOY NATURE



COUNT TO 10



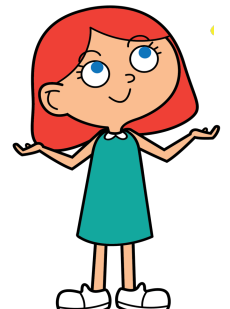
SING




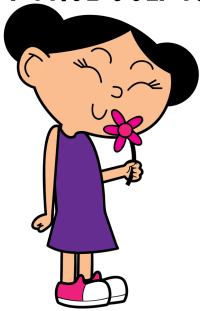


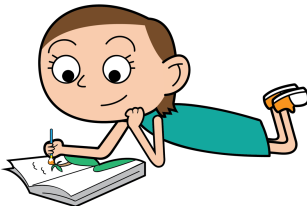





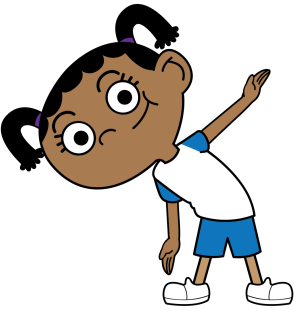


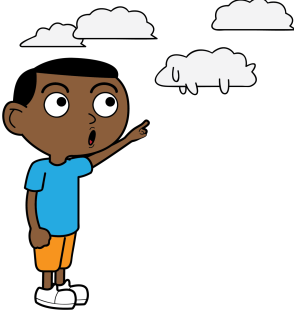



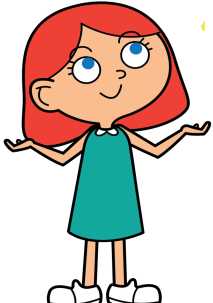




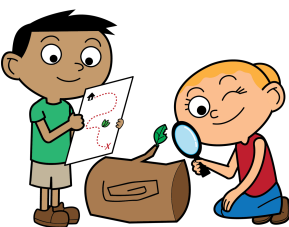
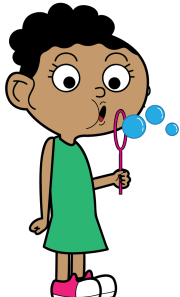
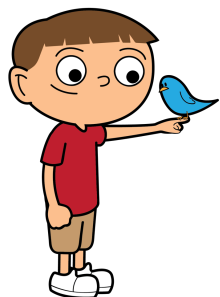
PLAY OUTSIDE



BE PRESENT

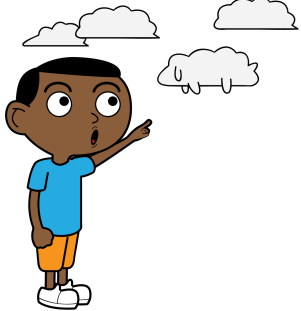


MINDFULNESS BINGO

<p>PAINT</p> 	<p>NOTICE SCENTS</p> 	<p>GARDEN</p> 	<p>COUNT TO 10</p> 	<p>JOURNAL OR WRITE</p> 
<p>RAINBOW BREATHING</p> 	<p>MEDITATE</p> 	<p>RELAX IN NATURE</p> 	<p>ENJOY WILDLIFE</p> 	<p>USE FIDGET TOOLS</p> 
<p>STRETCH</p> 	<p>PLAY OUTSIDE</p> 	<p>FREE SPACE</p> 	<p>NOTICE SIGHTS</p> 	<p>BREATHE DEEPLY</p> 
<p>STAY POSITIVE</p> 	<p>HUG A PLUSHIE</p> 	<p>BE PRESENT</p> 	<p>SING</p> 	<p>DRAW</p> 
<p>BE THANKFUL</p> 	<p>PLAY MUSIC</p> 	<p>ENJOY NATURE</p> 	<p>BUBBLE BREATHING</p> 	<p>NOTICE SOUNDS</p> 

MINDFULNESS BINGO

NOTICE SIGHTS



GARDEN



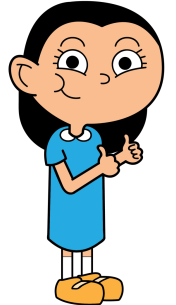
BE THANKFUL



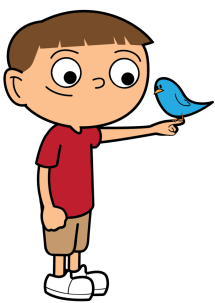
RAINBOW BREATHING



STAY POSITIVE



NOTICE SOUNDS



ENJOY WILDLIFE



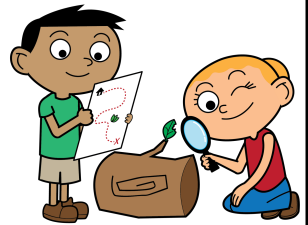
USE FIDGET TOOLS



SING



ENJOY NATURE



MEDITATE



PAINT



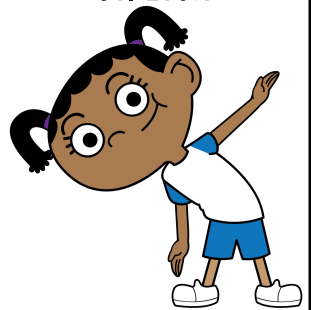
FREE SPACE



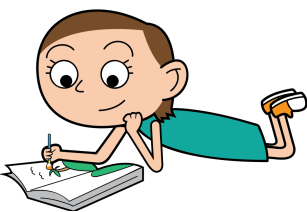
NOTICE SCENTS



STRETCH



JOURNAL OR WRITE



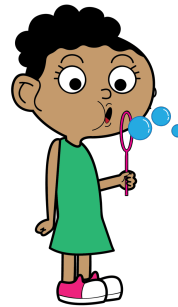
DRAW



PLAY OUTSIDE



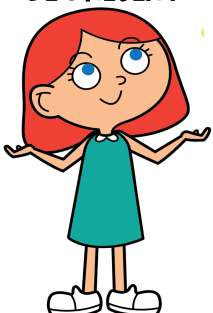
BUBBLE BREATHING



BREATHE DEEPLY



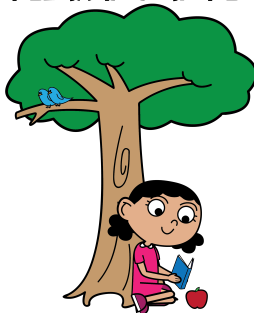
BE PRESENT



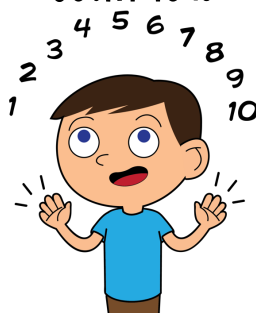
HUG A PLUSHIE



RELAX IN NATURE



COUNT TO 10

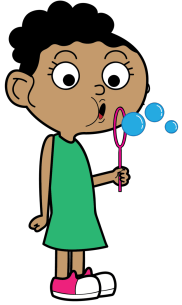


PLAY MUSIC



MINDFULNESS BINGO

BUBBLE BREATHING



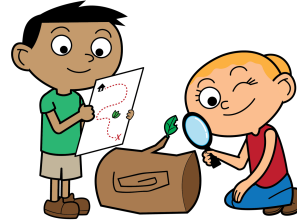
SING



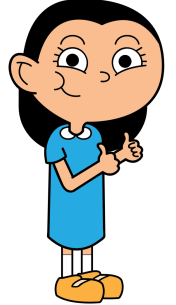
BE THANKFUL



ENJOY NATURE



STAY POSITIVE



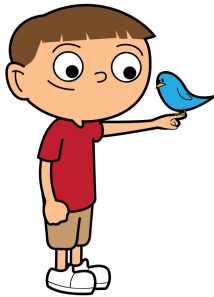
HUG A PLUSHIE



PLAY OUTSIDE



NOTICE SOUNDS



PLAY MUSIC



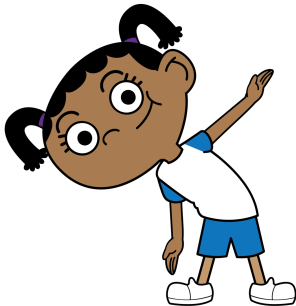
GARDEN



BREATHE DEEPLY



STRETCH



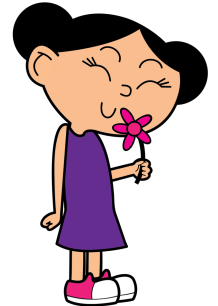
FREE SPACE



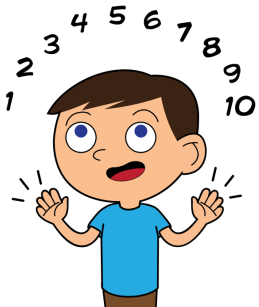
ENJOY WILDLIFE



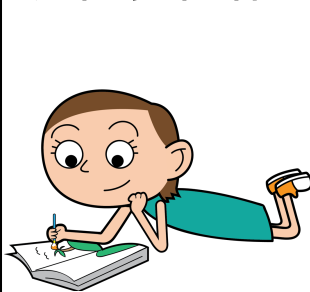
NOTICE SCENTS



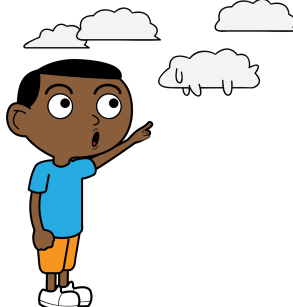
COUNT TO 10



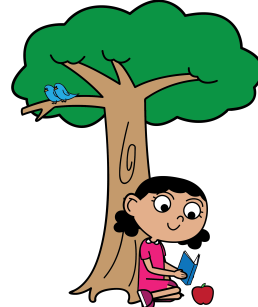
JOURNAL OR WRITE



NOTICE SIGHTS



RELAX IN NATURE



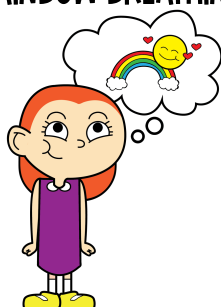
PAINT



USE FIDGET TOOLS



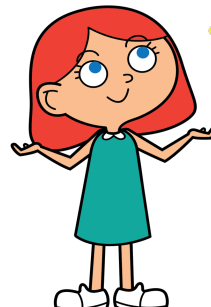
RAINBOW BREATHING



DRAW



BE PRESENT



MEDITATE



MINDFULNESS BINGO

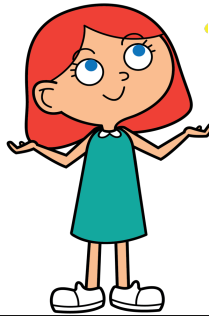
HUG A PLUSHIE



SING



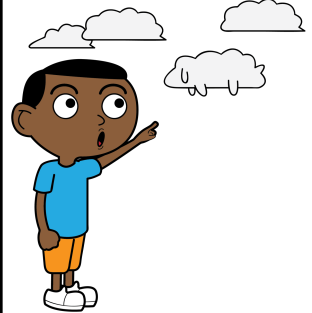
BE PRESENT



BREATHE DEEPLY



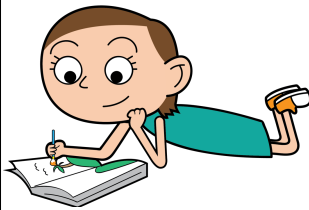
NOTICE SIGHTS



ENJOY WILDLIFE



JOURNAL OR WRITE



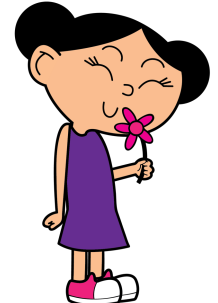
DRAW



PLAY MUSIC



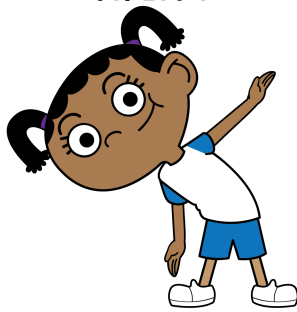
NOTICE SCENTS



PAINT



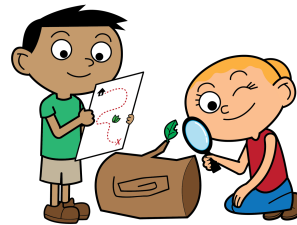
STRETCH



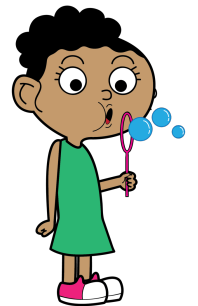
FREE SPACE



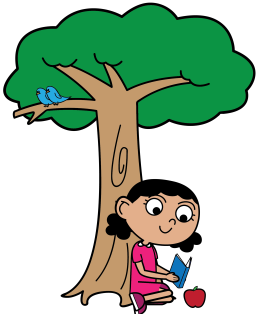
ENJOY NATURE



BUBBLE BREATHING



RELAX IN NATURE



USE FIDGET TOOLS



MEDITATE



GARDEN



RAINBOW BREATHING



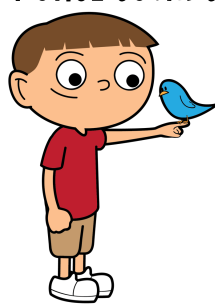
STAY POSITIVE



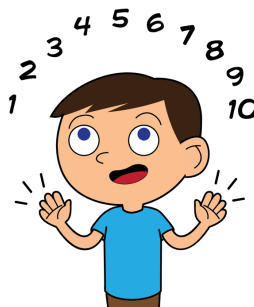
BE THANKFUL



NOTICE SOUNDS



COUNT TO 10



PLAY OUTSIDE



MINDFULNESS BINGO

BREATHE DEEPLY



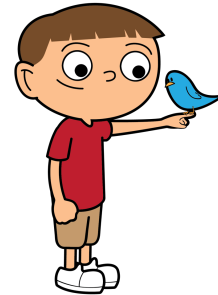
MEDITATE



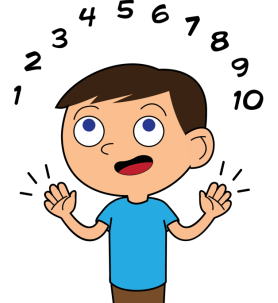
SING



NOTICE SOUNDS



COUNT TO 10



BE THANKFUL



USE FIDGET TOOLS



ENJOY WILDLIFE



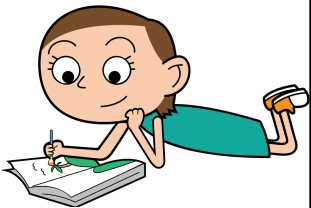
PAINT



RAINBOW BREATHING



JOURNAL OR WRITE



PLAY OUTSIDE



FREE SPACE



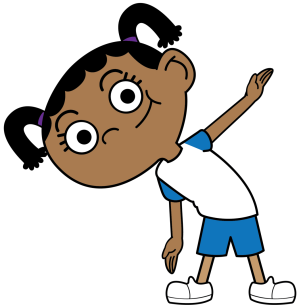
HUG A PLUSHIE



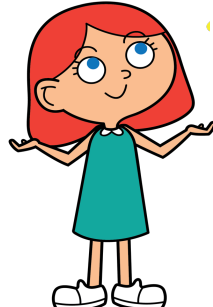
GARDEN



STRETCH



BE PRESENT



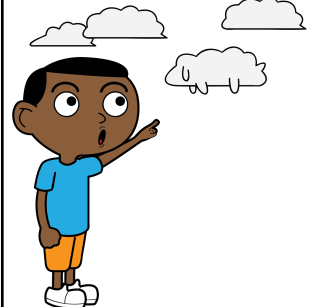
DRAW



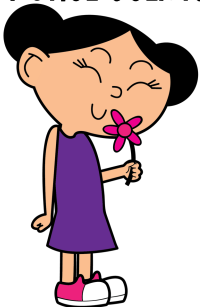
STAY POSITIVE



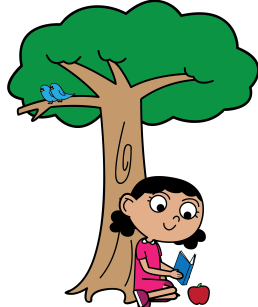
NOTICE SIGHTS



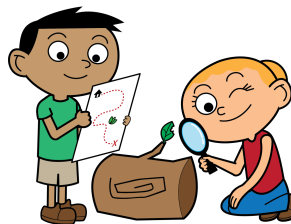
NOTICE SCENTS



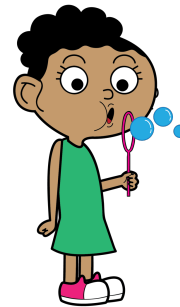
RELAX IN NATURE



ENJOY NATURE



BUBBLE BREATHING



PLAY MUSIC

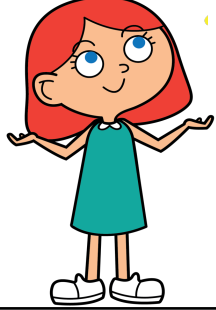


MINDFULNESS BINGO

RAINBOW BREATHING



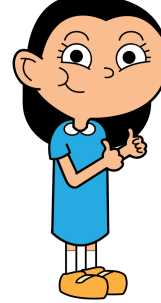
BE PRESENT



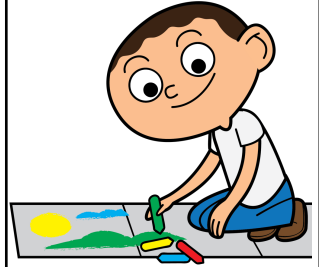
USE FIDGET TOOLS



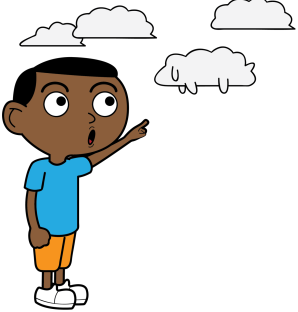
STAY POSITIVE



DRAW



NOTICE SIGHTS



PLAY OUTSIDE



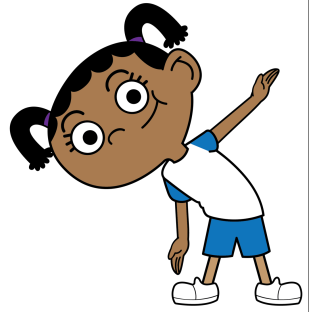
COUNT TO 10



BREATHE DEEPLY



STRETCH



SING



PLAY MUSIC



FREE SPACE



PAINT



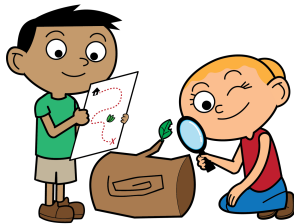
RELAX IN NATURE



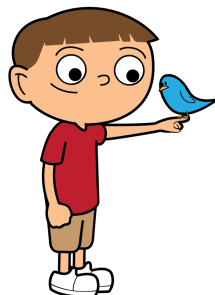
MEDITATE



ENJOY NATURE



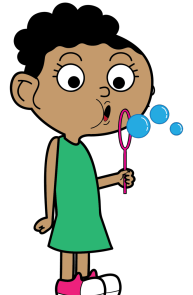
NOTICE SOUNDS



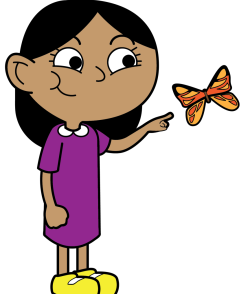
GARDEN



BUBBLE BREATHING



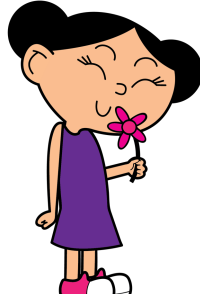
ENJOY WILDLIFE



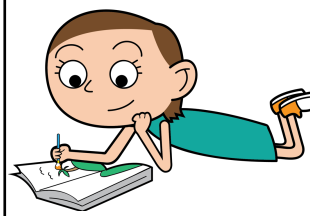
HUG A PLUSHIE



NOTICE SCENTS



JOURNAL OR WRITE

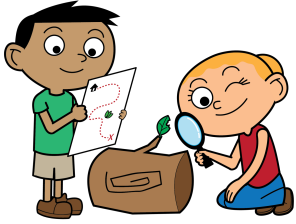


BE THANKFUL

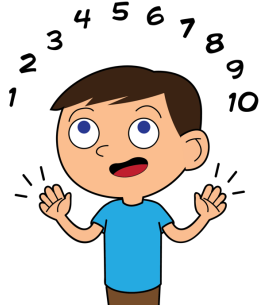


MINDFULNESS BINGO

ENJOY NATURE



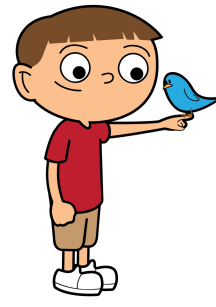
COUNT TO 10



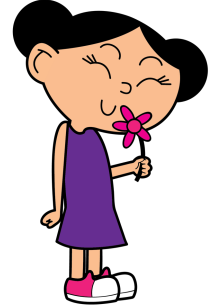
USE FIDGET TOOLS



NOTICE SOUNDS



NOTICE SCENTS



MEDITATE



BREATHE DEEPLY



PLAY OUTSIDE



PAINT



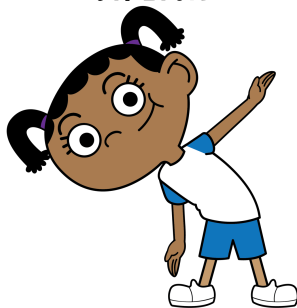
SING



HUG A PLUSHIE



STRETCH



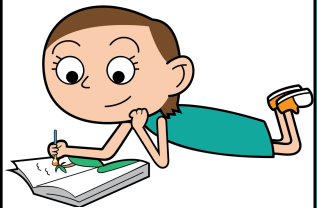
FREE SPACE



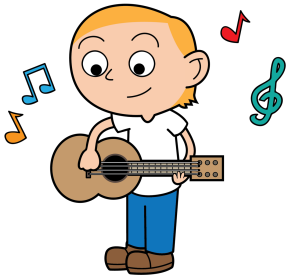
DRAW



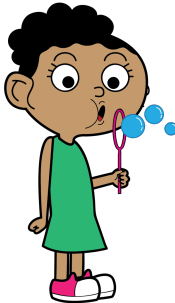
JOURNAL OR WRITE



PLAY MUSIC



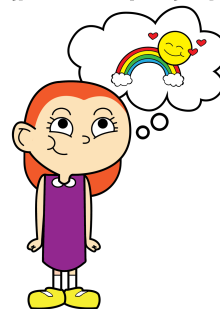
BUBBLE BREATHING



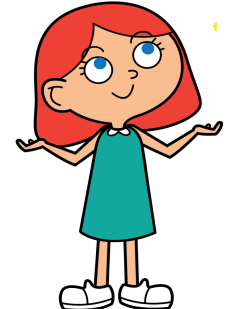
BE THANKFUL



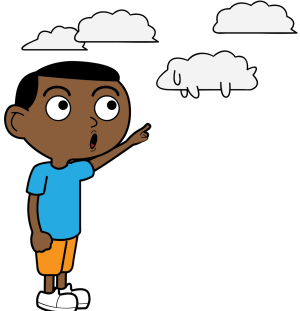
RAINBOW BREATHING



BE PRESENT



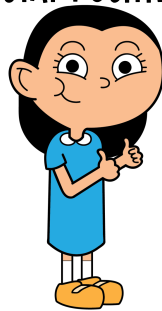
NOTICE SIGHTS



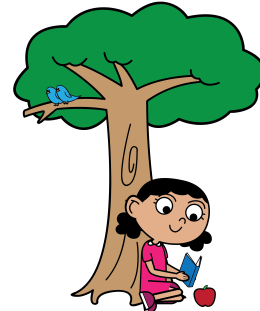
GARDEN



STAY POSITIVE



RELAX IN NATURE



ENJOY WILDLIFE

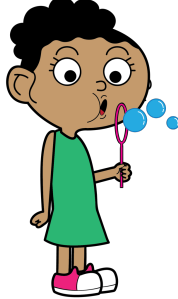


MINDFULNESS BINGO

NOTICE SOUNDS



BUBBLE BREATHING



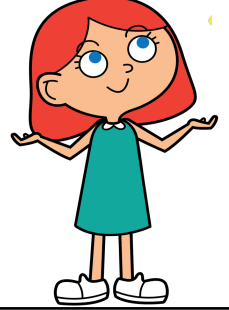
ENJOY WILDLIFE



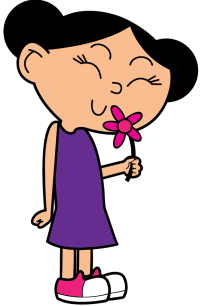
DRAW



BE PRESENT



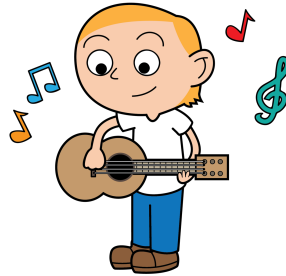
NOTICE SCENTS



GARDEN



PLAY MUSIC



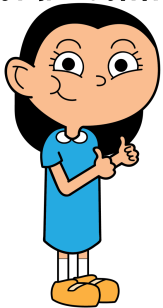
JOURNAL OR WRITE



MEDITATE



STAY POSITIVE



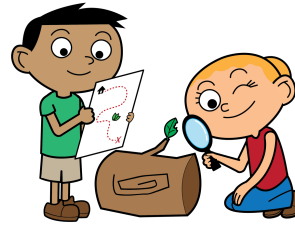
PLAY OUTSIDE



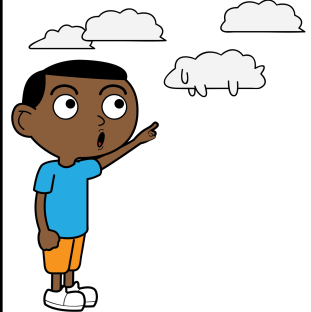
FREE SPACE



ENJOY NATURE



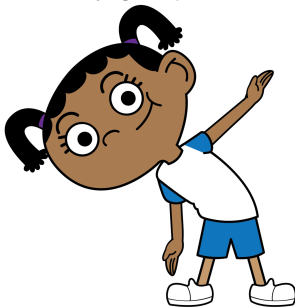
NOTICE SIGHTS



SING



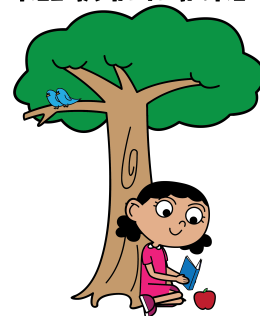
STRETCH



BE THANKFUL



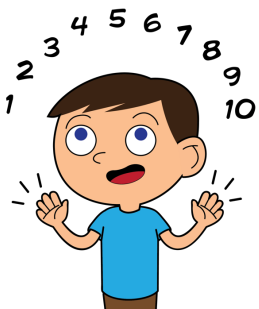
RELAX IN NATURE



BREATHE DEEPLY



COUNT TO 10



RAINBOW BREATHING



HUG A PLUSHIE



PAINT



USE FIDGET TOOLS



MINDFULNESS BINGO

DRAW



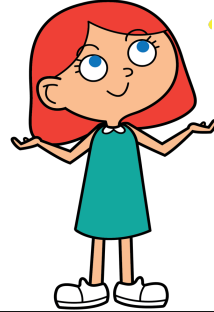
PLAY OUTSIDE



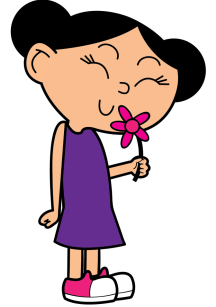
BE THANKFUL



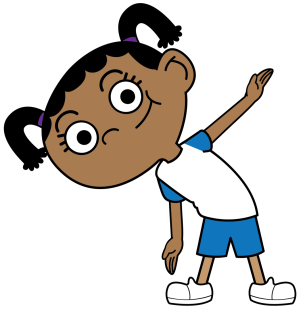
BE PRESENT



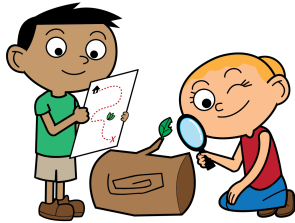
NOTICE SCENTS



STRETCH



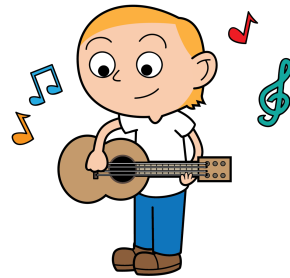
ENJOY NATURE



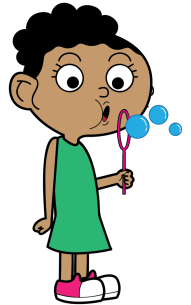
BREATHE DEEPLY



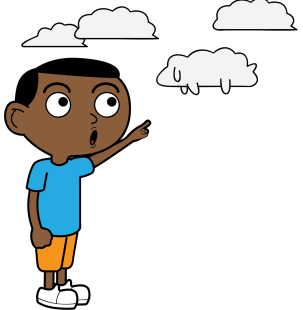
PLAY MUSIC



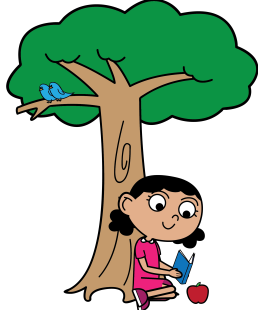
BUBBLE BREATHING



NOTICE SIGHTS



RELAX IN NATURE



FREE SPACE



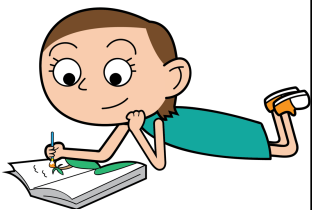
STAY POSITIVE



USE FIDGET TOOLS



JOURNAL OR WRITE



MEDITATE



PAINT



COUNT TO 10



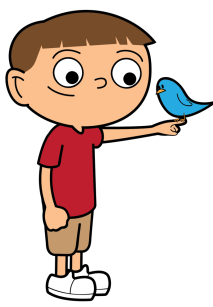
ENJOY WILDLIFE



GARDEN



NOTICE SOUNDS



RAINBOW BREATHING



SING



HUG A PLUSHIE



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♥ *laura oathout*

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