Having a hard time inserting mindfulness into your daily routine? Try Mindful Bingo!

You can use the Mindful Bingo sheet above or check out other examples on our Pinterest Board [1]. The game is simple. Every Monday pick a square on the bingo sheet to start with and practice what is written down. Over the next four days choose the squares that will make a horizontal, vertical, or diagonal line and perform each activity – one every day. You can use this same sheet 11 weeks in a row with different outcomes each time!

This is a fun and easy way to incorporate a mindfulness routine into your daily life. If you complete a row each week, find a way to reward yourself for getting a Bingo! Pick something that is in line with your own self-care and get creative with your rewards.

If you participate in Mindful Bingo, tag us on Instagram [2] and let us know how you’re rewarding yourself!

*Mindful Bingo Sheet Credit: [miss-mental.com](https://miss-mental.com) [3]*

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**Source URL:** https://oiss.yale.edu/calendar/events/mindful-bingo

**Links**
- [1] https://pin.it/T2QXXFr