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](https://pin.it/T2QXXFr). 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](https://www.instagram.com/yaleoiss/) and let us know how you’re rewarding yourself!

*Mindful Bingo Sheet Credit: miss-mental.com*

Register Here [4]

Visibility: 0.00

On Demand?: On Demand

Sort Date: Saturday, August 21, 2021

End date: Monday, August 16, 2021

Audience: Students

Scholars

Families

Departments

Source URL: [https://oiss.yale.edu/calendar/events/mindful-bingo](https://oiss.yale.edu/calendar/events/mindful-bingo)

Links

[1] https://pin.it/T2QXXFr