

Mindful Bingo

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Mindful Bingo



New Haven , CT

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 [3]

[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>

Links

[1] <https://pin.it/T2QXXFr> [2] <https://www.instagram.com/yaleoiss/> [3] <https://miss-mental.com/mindfulness-meditation/> [4] <https://yaleconnect.yale.edu/OISS/rsvp?id=1082019>