**Kindness and Mindfulness Bingo**

Have an adult initial a square once a task is completed! Try complete at least 5 (they do not have to be in a row😊) Bonus points if you do one that your parents ask you to do!!

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| **B** | **I** | **N** | **G** | **O** |
| Take a walk with someone – What do you see, hear, smell, feel? Talk about it while you walk! | Try a new food! | Watch your favourite holiday movie – what about the movie makes it your favourite? Draw a picture about it! | Sit outside/ somewhere you can see outside. Draw what you see. | Go for a bike/scooter ride |
| Play a board game. | Invent a new animal by drawing a new combination of animals you like! Name it and write about the things it can do! | Do a chore that isn’t usually yours | Make a new snack by combining two or more things you like! | Do a Cosmic Kids Yoga video |
| Build a snow fort! (I added this in case there’s snow!!) | Help with yard work | With help, make a Vision Board using drawings, cut-outs, and/magazine clippings.  \*See prompts and links below! | Colour a picture | Organize your toys – are there any you can donate? Are there any that are broken and need to be thrown away? Check with an adult first though 😉 |
| Paint a picture | Build with Legos | Take chalk and draw an obstacle course outside – challenge your family and friends | Write some kind notes and stick them around for people to find | Help with the dishes |
| Sweep or vacuum the kitchen and living room | Make a playlist of songs you love to dance to and have a dance party! | Play a card game | Clean your room! | Check out some live feeds of animal sanctuaries and rescues (and scenic videos as well) on <https://explore.org/livecams> |

\*For vision board activity: What words inspire you? What is important to you right now? Which famous people (living or dead) inspire you and why? What places in the world would you like to visit? What is a goal you have?

<https://www.developgoodhabits.com/vision-board-kids/>

<https://www.kiddiematters.com/teaching-children-how-to-set-goals-and-use-a-vision-board/>

<https://www.kiddiematters.com/wp-content/uploads/2015/01/goal-setting-worksheet1.pdf>