




MINDFULNESS SAFARI BINGO

It's time to go outside on an exciting adventure! Try filling up this bingo card on your nature safari today. Remember to be really really quiet, so that you can notice all the little details, and can hear the birds singing! Have fun!

<p>pick up a small rock</p> 	<p>smell a flower</p> 	<p>gently touch a plant</p> 
<p>listen to the birds</p> 	<p>FREE</p>	<p>find shapes in the clouds</p> 
<p>kneel in the grass</p> 	<p>notice the bugs</p> 	<p>breathe deeply</p> 