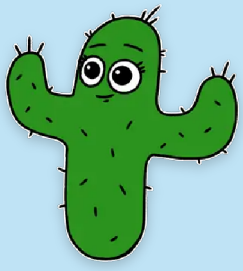
SEL · MINDFULNESS AND CALMING · GRADES K–3

Mindful Walk Bingo

Take a slow, quiet walk and check off sixteen things to notice, like a cloud shape, a far-away sound or the breeze on your skin.



Name: _____ **Date:** _____

Walk slowly and quietly. Check off each thing you notice. Can you get four in a row?

a leaf moving in the wind ☐	your feet on the ground ☐	a cloud shape ☐	a bird singing ☐
something soft ☐	something rough ☐	a smell of grass or flowers ☐	the sun or a breeze on your skin ☐
a bug ☐	something red ☐	your own breathing ☐	a far-away sound ☐
a shadow ☐	something tiny ☐	a tree trunk ☐	a quiet moment ☐

My favorite thing I noticed: _____

Art © Kevin Coulston