



# Grounding bingo

START A GRATITUD PRACTICE	WALK IN NATURE	HELP SOMEONE	DATE WITH YOURSELF	RECONNECT WITH A FRIEND
EAT YOUR FAVOURITE DISH	MANTAIN AN EXERCISE PRACTICE	WATCH YOUR FAVOURITE MOVIE	CREATE SOMETHING NEW	EXPLORE A NEW PLACE
VOLUNTEER	MEDITATE		1-MINUTE BODY SCAN	FIND 3 SHAPES IN THE CLOUDS
DOODLE WITHOUT JUDGEMENT	RECONNECT WITH A FAMILY MEMBER	WALK BARE FEET ON THE GROUND	SHARE A SMILE WITH A STRANGER	WRITE A PRAYER
IDENTIFY THE COLOUR OF YOUR INNER VOICE	CREATE A MANDALA	FIND SOMEONE WHO INSPIRES YOU	IDENTIFY YOUR FAVOURITE WORD	REMEMBER YOUR FAVOURITE MEMORY