

# Mindfulness Tic-Tac-Toe



Try to make time for at least one of these activities each day. It's ok to choose the same activity each day.  
For an added challenge, play Tic-Tac-Toe and see if you can get three in a row!



## BREATHE

Set a timer for 5 minutes.  
During that time, pay attention to your breath.



## LIST

Make a list of 5 things you appreciate, and then take time to think about why those things bring you joy.



## WALK

Spend 5 minutes walking around either inside or outside. Spend that time paying attention to how your body feels.



## DRAW

Find an object you appreciate. Spend 5 minutes observing that object to notice the details.  
Now, draw the object.



## WRITE

Write about a memory that brings you joy.



## DANCE

Dance for 5 minutes while noticing how your body feels while moving.



## LISTEN

Close your eyes and listen to your surroundings for 5 minutes. Notice what you appreciate about the sounds.



## LOVE

Think about a person or animal you love.  
Write your loved one a note.



## STRETCH

Slowly stretch your body by reaching your hands up high and then bending down to touch your toes. Notice how your muscles feel.