

MINDFUL MOMENTS

Welcome to Week 1 of the Fall Into Balance: Digital Detox Bingo! This week is all about creating small, mindful moments that help you become more aware of your digital habits. Each task on your bingo card is designed to encourage a simple shift towards more mindfulness, less screen time, and a better connection with yourself. Take it one step at a time and enjoy the process of unwinding—mindfully!

No phone during meals today.

Spend 10 minutes meditating or practicing deep breathing.

Read a physical book or magazine for 20 minutes.

Take a walk outside without any devices.

Write down 3 things you're grateful for—on paper.

Spend 15 minutes journaling about your day.

Listen to music without looking at your phone or screens.

Tech-free morning until noon.

Call a friend or family member—no texts allowed.

Spend time in nature (park, backyard, etc.) without any devices.

Write a handwritten letter or note to someone.

Take a 10-minute stretch break without screens.



Spend 20 minutes stretching or doing yoga without a video.

Go for a drive or bike ride without any music or audio.

Notice 3 things around you that make you feel calm—write them down.

Spend 10 minutes practicing mindfulness—focus on your surroundings.

Tech-free evening after 8 PM.

Create a tech-free morning or evening ritual.

Write a poem or haiku.

Limit social media use to 10 minutes today.

Spend 30 minutes doing a creative activity (drawing, crafting, etc.).

Spend 10 minutes observing nature—whether from a window or outside.

Take a tech-free coffee break—just enjoy the moment.

Go to bed an hour earlier—no screens before bed.