

Name: _____

Date: _____

Find the Mindfulness Skills...

W A C O N E M I N D F U L U Y G U
N R J D Q N P Z D L B E D Z M L T
O U I G E S D E F I G T X R F C J
N D N I M E S I W E S S E E G S J
J Y C R E C V I D O A A D W L X E
U I D B R B Y D X X S I J L G P W
D D S I J J L I P O E M I Q W A H
G I B N R J Z L N U B K Y Q W R A
E E R K Z Z D A X E S K G Y A T T
M C H L L Z B B Q W M X A N B I S
E G C V P L B R O P H J O Q E C K
N M Q I E T V H R K W H L N E I I
T T V M W E F F E C T I V E O P L
A C I N B V E V O Y I U T X U A L
L N W U W X G B F F U C K E E T S
D I E V R E S B O B Q Z F O N E F
D L U H E M O T I O N M I N D S O

reasonable mind

nonjudgemental

emotion mind

what skills

participate

how skills

onemindful

wise mind

effective

describe

observe