

Name: _____

Date: _____

Meditation/Prayer/Religion

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

Sign of the cross
Gratitude
Medative
Spirit
Jesus
Lord

Mindfulness
Breath in
Religion
Nature
Peace
Mary

Meditation
Catholic
Forgive
Gospel
Relax
Pray

Breath out
Emotions
Rosmary
Church
Bible
God