

Name: _____

Date: _____

Meditation

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

expression relaxation meditation serenity positive
kindness grateful mindful feeling emotion
timeout prayer mental gentle happy
focus quiet music peace self
joy