

# Mindful Word Search

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

Prefrontal Cortex  
Breathing  
Amygdala  
Health  
Smell

Hippocampus  
Kindness  
Hearing  
Senses  
Touch

Mindfulness  
Wellness  
Calming  
Taste  
Sight