

Name: _____

Mindfulness

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

Mindfulness

breathing

exhale

focus

meditation

patience

inhale

relax

attention

reflect

peace

pause