

Name: _____

Date: _____

Mindfulness

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

mindfulness

kindness

focus

calm

positivity

breathe

relax

meditate

caring

love