

Name: _____

Date: _____

Mindfulness

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

compassion

awareness

purpose

notice

meditation

happiness

breathe

music

attention

kindness

anchor

focus