

Name: _____

Date: _____

Mindfulness

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

Reasonable Mind
Do what works
What skills
How skills
Reindeer
Cookies
Snow

States of Mind
Stay Focused
Santa Claus
Wise mind
Presents
Family

Full Awareness
Nonjudgement
Participate
Mrs Claus
Describe
Elves

Emotional Mind
Cold Weather
Mindfulness
Christmas
Observe
Toys