

Mindfulness

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

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| Mindfulness Walk | Blowing Bubbles | Scavenger Hunt | Deep Breathing |
| Meditation | Journaling | Gardening | Painting |
| Coloring | Drawing | Hearing | Therapy |
| Reading | Smell | Taste | Touch |
| Sight | Pets | Yoga | |