

Name: _____

Date: _____

Mindfulness

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

Self-Compassion
Supportive
Listening
Embrace
Guided

Self-Kindness
Gratitude
Positive
Mindful
Sound

Meditation
Breathing
Exercise
Senses
Focus