

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mindfulness Word Search

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

mindful eating  
compassion  
breathing  
kindness  
mindful  
love

heartfulness  
leadership  
happiness  
peaceful  
enjoy  
yoga

bodyfulness  
meditation  
listening  
positive  
focus  
joy

forgiveness  
awareness  
feelings  
healthy  
relax