

Name: _____

Mindfulness Word Search

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

Determination
Meditation
Breathing
Serenity
Calming
Peace

Gratefulness
Compassion
Awareness
Thoughts
Listen
Focus

Appreciation
Acceptance
Attention
Present
Happy
Kind

Observation
Important
Practice
Clarity
Quiet
Love