

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

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

# Mindfulness

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

in the moment  
awareness  
behaviour  
thoughts  
develop

persistence  
attention  
practice  
grateful  
change

sensations  
breathing  
positive  
silence

productive  
different  
emotions  
present