

Name: _____

Date: _____

Mindfulness words

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

environment

Mindfulness

relaxation

Meditation

depression

emotional

focusing

anxious

emotion

Relaxed

anxiety

observe

exhale

inhale

stress

Senses

touch

taste

smell

Sight

calm

feel