

Name: _____

Date: _____

mindfulness

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

the family haven
meditation
happiness
families
music
help

communication
confidence
exercise
walking
peace
calm

self esteem
wellbeing
children
advice
trust