

Mindfulness

WORD SEARCH

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

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

Mindful
 Calm
 Breathe
 Relax

Focus
 Balance
 Peace
 Quiet

Present
 Aware
 Reflect
 Observe

Patience
 Kindness
 Gratitude
 Accept

M
 B