

# Mindfulness Word Search

u m n d t p v t q i l i y t  
d x p e o m e i r j s e p j  
i w r u e b l u q x t s a o  
f u e a y a i z u u n t k y  
o y s p e l e m i h o h i v  
c e e e r a l r e x o a n t  
u x n a i n l g t t n n d o  
s s t e t e f m e x f k n j  
u u a e r e l a x n v f e t  
a w a r e w r e s t t u s d  
b r e a t h e f p d m l s o  
m i n d f u l e l i s t e n

calm  
peace  
breathe  
relax

focus  
quiet  
gentle  
aware

balance  
thankful  
present  
mindful

rest  
joy  
kindness  
listen