

Name: _____

Date: _____

Mindfulness



mindfulness

relaxation

attention

attitude

renewal

Breath

choice

aware

being

doing

focus

feel

rest

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