



Name \_\_\_\_\_

### Nap Techniques Word Search

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

Power-nap  
 Siesta  
 Dozing  
 Snooze  
 Resting

Meditating  
 Reclining  
 Lounging  
 Closing-eyes  
 Drift-off

Unwinding  
 Catnapping  
 Micro-rest  
 Settling  
 Refreshing

