



Name _____

Mental States Word Search

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

Calm
 Peace
 Focus
 Stillness
 Awareness

Presence
 Openness
 Acceptance
 Clarity
 Compassion

Kindness
 Forgiveness
 Gratitude
 Patience
 Joy

