



Name _____

Mindfulness Practices Word Search

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



Observe
 Reflect
 Notice
 Accept
 Relax

Settle
 Detach
 Focus
 Scan
 Visualize

Affirm
 Repeat
 Witness
 Anchor
 Let go