



Name \_\_\_\_\_

### Mindfulness Practice Word Search

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



Breathe  
 Focus  
 Pause  
 Notice  
 Still

Present  
 Sense  
 Guide  
 Accept  
 Center

Feel  
 Sit  
 Float  
 Reflect  
 Repeat