

Name: _____

Date: _____

Mindfulness- *Understand how to be in the here and now*

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

accepting attitude awareness breathing feelings

focused kind lifestyle love mindfulness

moment reflection senses present wellbeing

