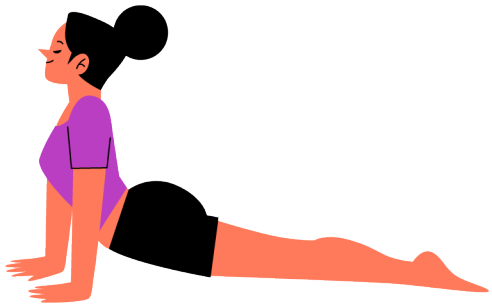
Name: _____ Date: _____

Mindfulness Word Search

Find all of the words hidden in the grid.
They may go in any direction.

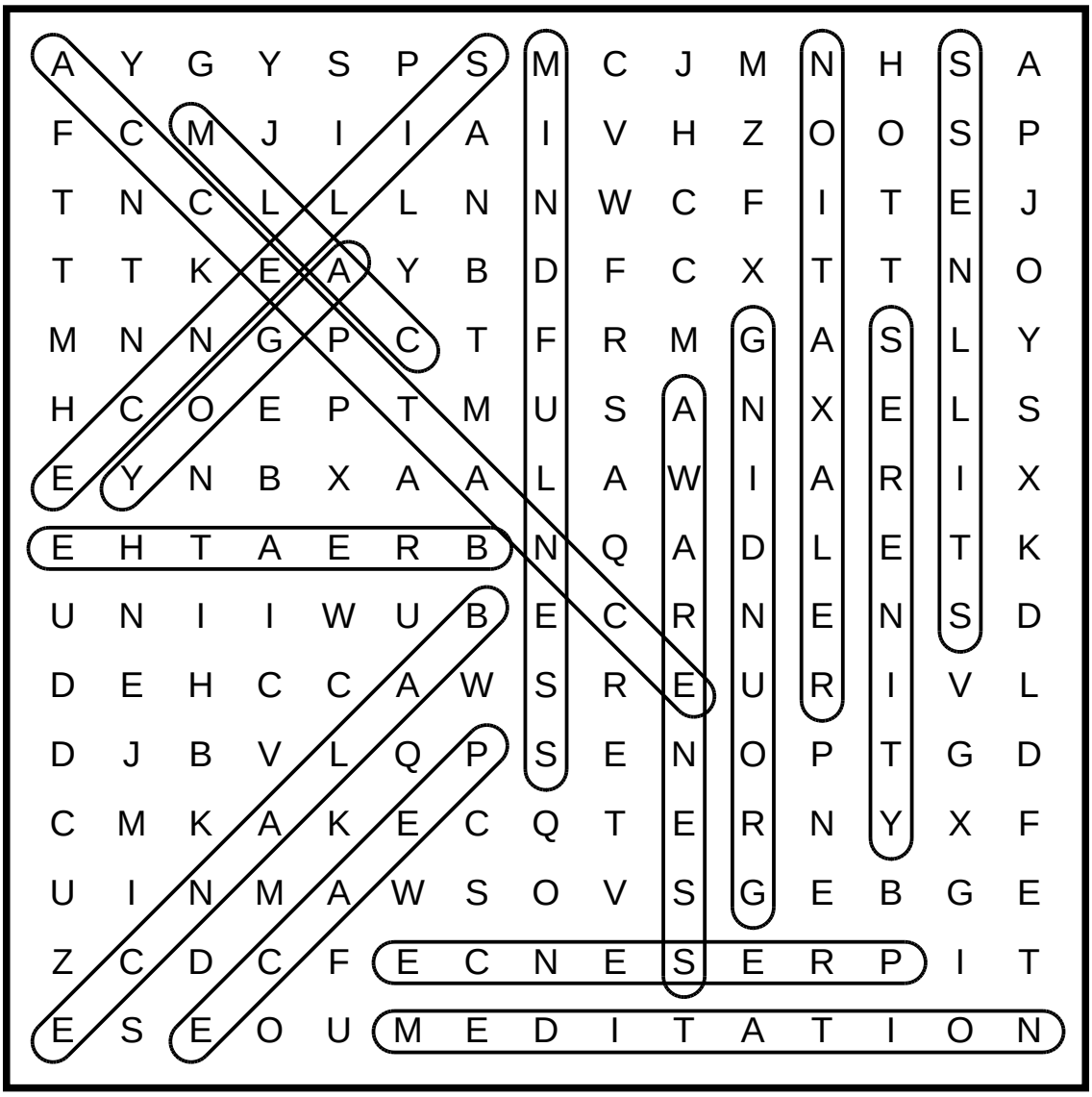


A Y G Y S P S M C J M N H S A
F C M J I I A I V H Z O O S P
T N C L L L N N W C F I T E J
T T K E A Y B D F C X T T N O
M N N G P C T F R M G A S L Y
H C O E P T M U S A N X E L S
E Y N B X A A L A W I A R I X
E H T A E R B N Q A D L E T K
U N I I W U B E C R N E N S D
D E H C C A W S R E U R I V L
D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

ACCEPTANCE
AWARENESS
BALANCE
BREATHE
CALM
GROUNDING
MEDITATION
MINDFULNESS
PEACE
PRESENCE
RELAXATION
SERENITY
SILENCE
STILLNESS
YOGA

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Answer Key for
Mindfulness Word Search



ACCEPTANCE
AWARENESS
BALANCE
BREATHE
CALM
GROUNDING
MEDITATION
MINDFULNESS
PEACE
PRESENCE
RELAXATION
SERENITY
SILENCE
STILLNESS
YOGA

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