

Meditation and Mindfulness

Word Search

WHO MADE THIS?

Created by Kim White Steele for Puzzles to Print.

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Name: _____ Date: _____

Meditation and Mindfulness

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ACCEPTANCE
APPRECIATION
ATTENTION
AWARENESS
BREATHING
CALM
CLARITY
COMPASSION
DETERMINATION
FLEXIBILITY

FOCUS
GRATITUDE
INSPIRATION
JOYFUL
KIND
LISTEN
LOVE
MEDITATION
MINDFUL
NONJUDGMENTAL

OBSERVATION
PATIENCE
PRACTICE
PRESENT
QUIET
REFLECTION
RELAXATION
SERENITY
THOUGHTS
VISUALIZATION

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Word Search

SOLUTION

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