|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Mindfulness

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

   Wise mind       What skills       Toys       Stay Focused       States of Mind       Snow       Santa Claus       Reindeer       Reasonable Mind       Presents       Participate       Observe       Nonjudgement       Mrs Claus       Mindfulness       How skills       Full Awareness       Family       Emotional Mind       Elves       Do what works       Describe       Cookies       Cold Weather       Christmas