

Name: _____

Date: _____

Meditation

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

mindfulness

imagine

relax

cool

resting

breathe

easy

tension

stress

calm