

WORD SEARCH BATTLE

Name _____

Mindfulness

Date _____

Hard · Find 23 hidden words → ← ↓ ↑ ↗ ↘ ↖ ↙

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

ACCEPT
ATTENTION
BODY SCAN
BREATH
CENTER
COMPASSION

FOCUS
GROUND
INHALE
KABAT ZINN
LOTUS
MANTRA

MOMENT
NOTICE
OBSERVE
PRESENT
RAISIN
RETURN

SENSES
SILENCE
TASTE
TOUCH
ZEN

BATTLE
A FRIEND

Player 1 _____ Words Player 2 _____ Words

One pen color each. Circle a word in the grid and cross it off the list. Most words wins!

Play online or battle a friend in real time: wordsearchbattle.io/topic/mindfulness