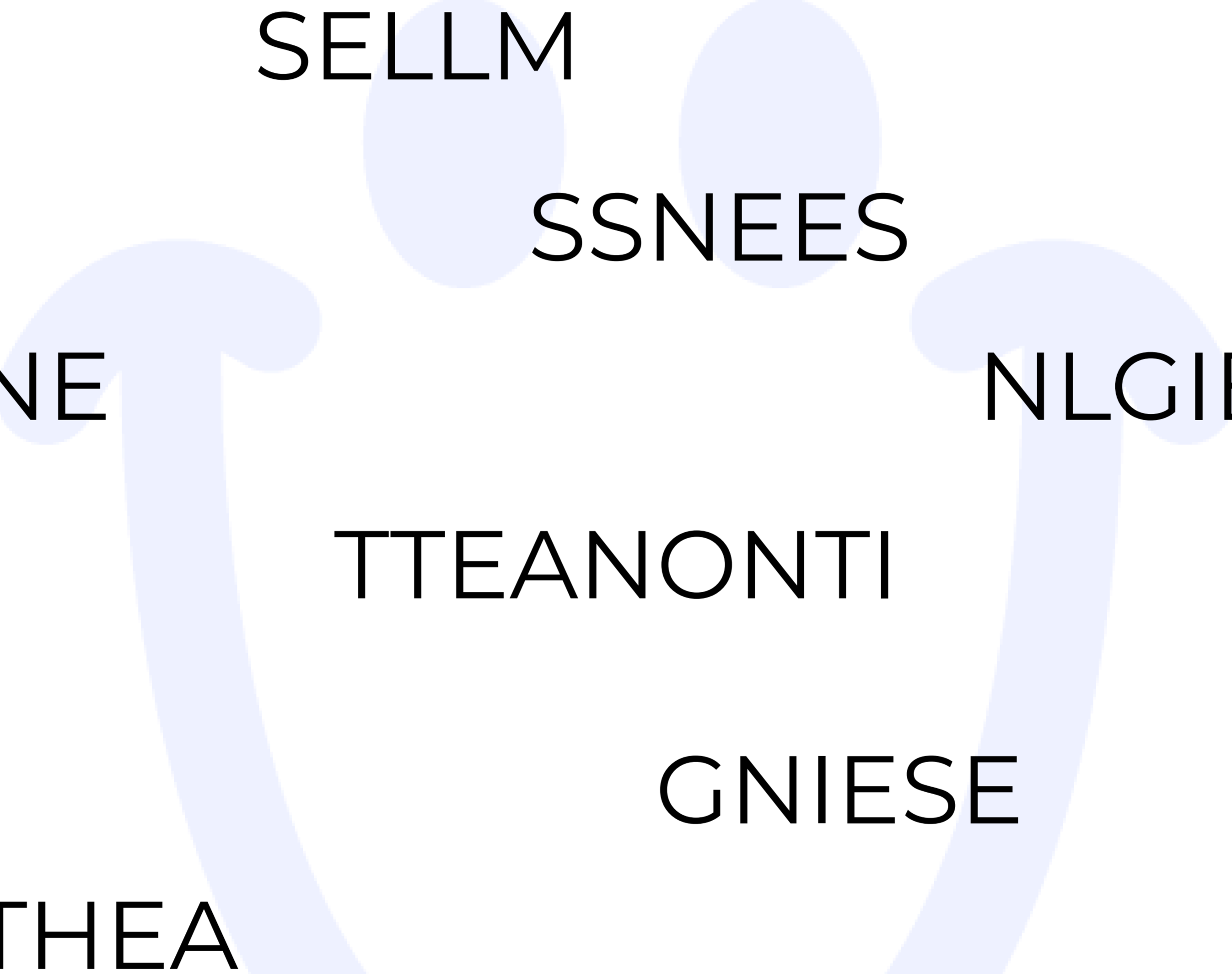




MINDFUL AWARENESS WORD SCRAMBLE

Use your mindful seeing and engage your prefrontal cortex, the thinking part of your brain, to unscramble these key words that are related to mindful awareness.



FCOSU SELLM FUUNNDIML

 SSNEES

SUMILNDSFNE NLGIENTSI

 TTEANONTI TTASE

RUBEVIOAH GNIESE

 EBRTHEA IUDNMFL

WORD BANK

FOCUS
MINDFULNESS
SENSES
SEEING

BEHAVIOUR
LISTENING
UNMINDFUL
TASTE

ATTENTION
MINDFUL
BREATHE
SMELL