



MINDFUL SENSING WORD SEARCH

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

1. LISTENING
2. MOVING
3. SEEING
4. TASTING
5. FOCUS
6. ATTENTION
7. SENSES
8. PRE FRONTAL CORTEX
9. HIPPOCAMPUS
10. AMYGDALA
11. CALM
12. BALANCE
13. CORTISOL
14. MINDFUL

Can you create a mindful word search for others to solve?