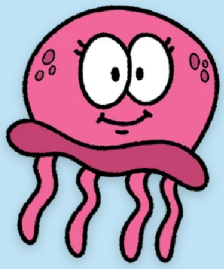
SEL · MINDFULNESS AND CALMING · GRADES 2–5

Mindfulness Word Scramble

Unscramble eight mindfulness words, like breathe, notice and present, with a clue for each, then use them to tell how you calm down.



Name: _____ **Date:** _____

Unscramble each mindfulness word. Use the clue to help.

e b r a h e t
Air in, air out.

_____

m c a l
Peaceful and still.

_____

o e n i t c
Pay attention to something.

_____

e q i t u
Hardly any noise at all.

_____

s u f c o
Keep your mind on one thing.

_____

a x r e l
Let your body go soft.

_____

r e e t n s p
Right here, right now.

_____

e n s s s e
Seeing, hearing, smelling, tasting and touching.

_____

Use two of the words to tell how you calm down.

_____

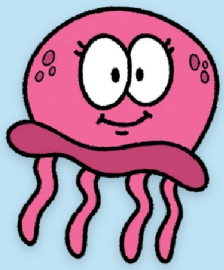
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ANSWER KEY · MINDFULNESS AND CALMING · GRADES 2–5

Answer Key: Mindfulness Word Scramble

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Unscramble each mindfulness word. Use the clue to help.

e b r a h e t

Air in, air out.

breathe

m c a l

Peaceful and still.

calm

o e n i t c

Pay attention to something.

notice

e q i t u

Hardly any noise at all.

quiet

s u f c o

Keep your mind on one thing.

focus

a x r e l

Let your body go soft.

relax

r e e t n s p

Right here, right now.

present

e n s s s e

Seeing, hearing, smelling, tasting and touching.

senses

Use two of the words to tell how you calm down.

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