

## Word Search : Relaxation

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

breathe	peace
calm	relax
comfort	rest
ease	restore
meditate	stillness
pause	unwind