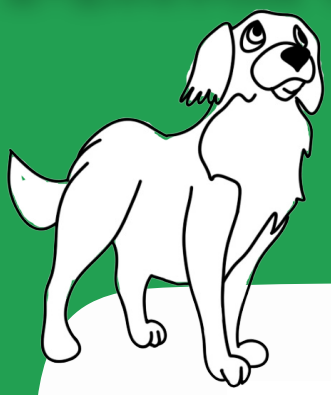
Color by Number
with Addie, Maude, & Pj

Discover numbers in the picture and color the elements according to the instructions below.

1 2 3 4 5

6 7 8 9 10

Mindful Moments with Maude



Word Search

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

Peaceful day	Mindfulness	Electronics	Feel
Slow down	Thoughts	Bonding	Hear
Breathe	Clean up	Stretch	See
Smell	Touch	Taste	

MINDFUL MOMENTS

Sit quietly and pay attention to what is happening right now using your 5 senses

Right now I see _____

_____

_____

Right now I hear _____

_____

_____

Right now I am touching _____

_____

_____

Right now I smell _____

_____

_____

Right now I feel _____

_____

_____

Savor the moments

WORD SCRAMBLE WITH MAUDE

How many words can you make out of the letters M-I-N-D-F-U-L-N-E-S-S?

MINDFULNESS

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____