

MINDFULNESS

Activity Pack

This pack has been designed to help encourage mindful activities as we celebrate Healthy Brain month at Creative Support.

Take some time to fill in the puzzles and join us for a mindful colouring session over Zoom on **Friday 17th May.**

Wordsearch

Healthy Brain month is all about keeping your mind active! Doing puzzles and mindfulness activities helps you to focus and keeps your brain working to the best of its ability. **See how many words you can spot in the wordsearch below!**

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

Words to find:

Focus - Positive - Activity - Puzzles - Empower - Wellbeing - Mindful - Healthy - Peaceful - Breathe - Rest - Calm

How many did you find?

Colouring In Page

Join us for an open Zoom session on **Friday 17th May** where we will be encouraging people to take some time to do some mindful colouring in. During this time, make sure you are happy and comfortable, sit somewhere quiet and get yourself a nice drink. Email marketing@creativesupport.co.uk for the link to the Zoom.



WE
CARE