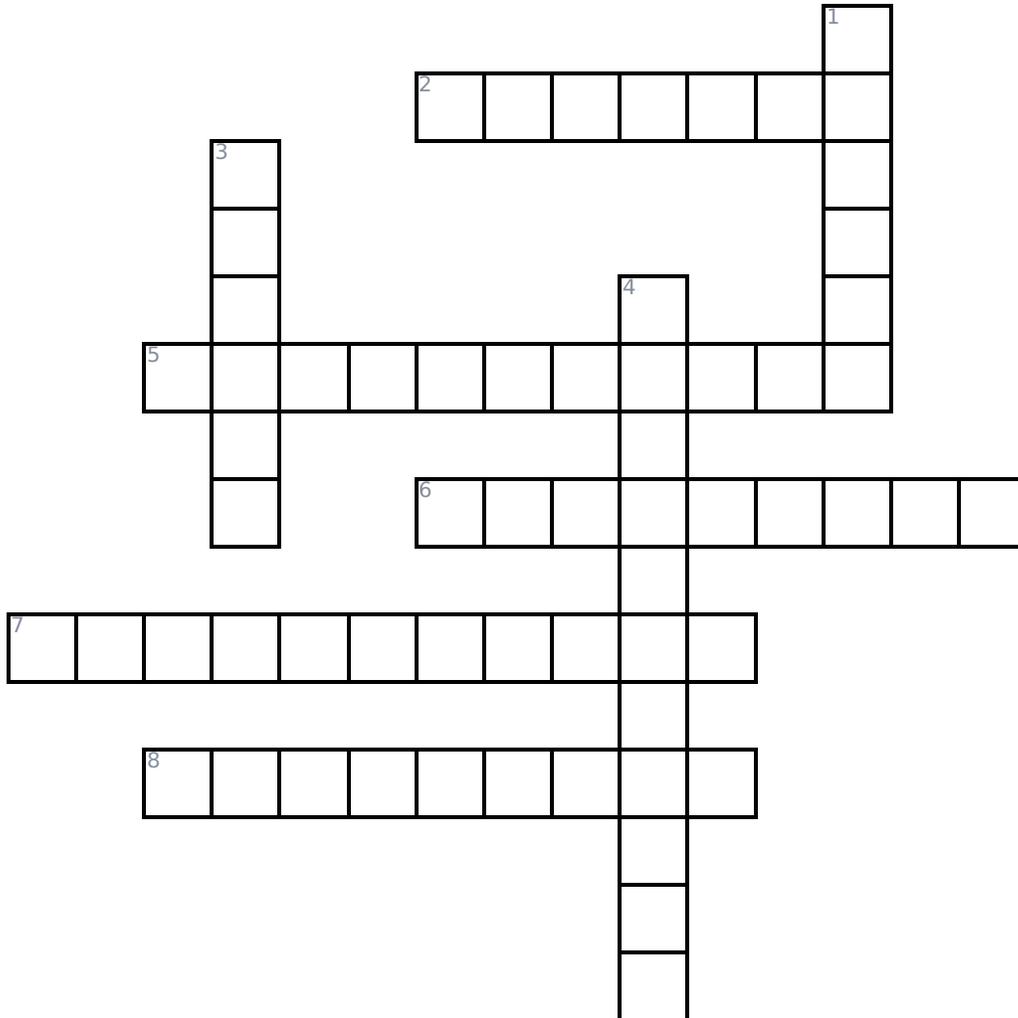


## Get Outdoors: Criss Cross

Answer clues based on the content and vocabulary words from *Get Outdoors: A Mindfulness Guide to Noticing Nature* by Paul Christelis. Look for hints in the Word Bank. Print the puzzle or use it on your tablet, phone, or computer.



## Across

2. To see or notice something
5. A way of paying attention to our present-moment experience with an attitude of kindness and curiosity
6. Doing something in a way to avoid damage
7. New findings
8. When you want to know more about something

## Down

- 1. There are five \_\_\_ that allow us to know about the world around us
- 3. If you \_\_\_ something or someone, you realize that they exist, especially because you can see, hear, or feel them
- 4. Something you give your attention to because it is exciting

## Word Bank

MINDFULNESS  
CAREFULLY

INTERESTING  
CURIOSITY

NOTICE  
DISCOVERIES

OBSERVE  
SENSES

