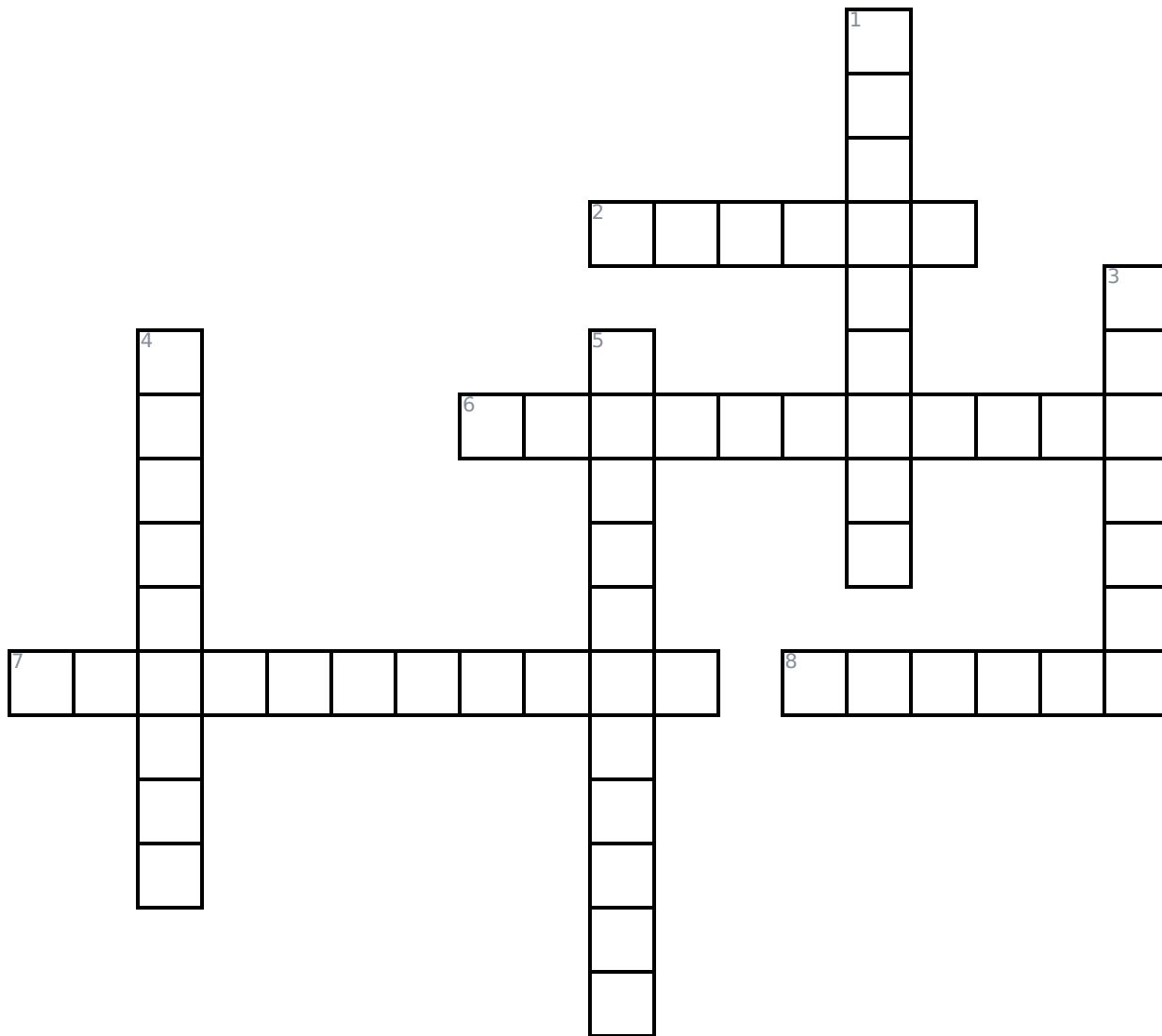


Get Outdoors: Criss Cross

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. There are five ___ that allow us to know about the world around us
6. A way of paying attention to our present-moment experience with an attitude of kindness and curiosity
7. New findings
8. If you ___ something or someone, you realize that they exist, especially because you can see, hear, or feel them

Down

- 1. Doing something in a way to avoid damage
- 3. To see or notice something
- 4. When you want to know more about something
- 5. Something you give your attention to because it is exciting

Word Bank

MINDFULNESS
CAREFULLY

INTERESTING
CURIOSITY

NOTICE
DISCOVERIES

OBSERVE
SENSES

Answer Key

