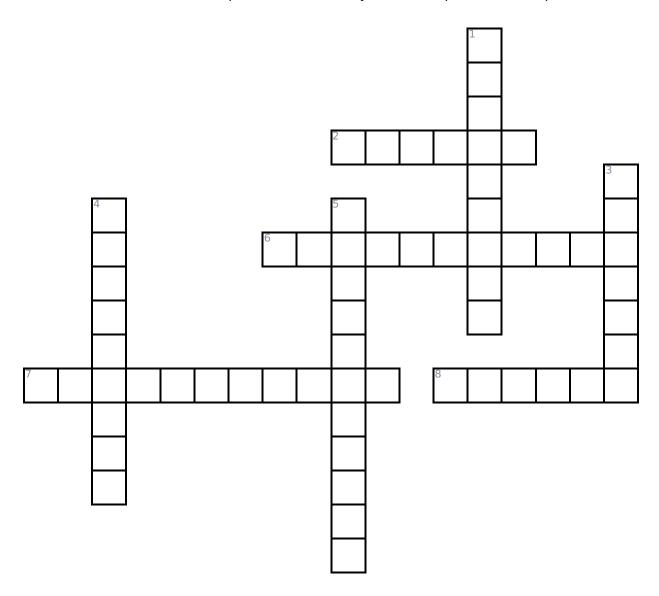


Name:			
Date:			

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	INTERESTING	NOTICE	OBSERVE
CAREFULLY	CURIOSITY	DISCOVERIES	SENSES

Answer Key

