



Mindfulness Puzzle Book Ages 7 - 11

Fill each circle
on this page with
a different pattern,
colour or picture.

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Sudoku

Sudoku puzzles were first popular in Japan. Although number puzzles take a bit of practise, they are great for focusing the mind. Check the rules and then have a go!

Rules:

- You can only use numbers 1, 2, 3, 4, 5 and 6.
- Each number must only appear once in each column and row.
- Each number must only appear once in each 6 x 6 grid.

Twinkl Tip: Use a pencil and have a rubber handy so you can change your answers.

	2		3	6	
			5		2
1	5				4
2		3	1	5	6
4	3		6	1	
6	1		4	2	

2	5			4	3
6				1	5
		6		3	
1		3		6	4
4	6	5	3		1
3			4	5	

6	3	2	4		
4		1	6	3	
	6	3	1		
1		5		6	
5	1		3		4
					6

5	2	4		3	
			5		2
	4		6	1	5
6	5	1		2	
			2	5	3
2			4	6	1

Mindfulness Word Search

m e n t a l h e a l t h
f i w p p b r e a t h e
y h w p u u n w i n d u
q y p p q l u f d n i m
d h v v y p p a h l e b
g s q o d r e l a x o j
c e w s e l f c a r e j
j p o s i t i v i t y d
p o d r l u f e t a r g
n u x a t n e t n o c u
e m o t i o n s k y m q
o i s u c o f n f b h o

mindful

relax

unwind

self care

happy

content

grateful

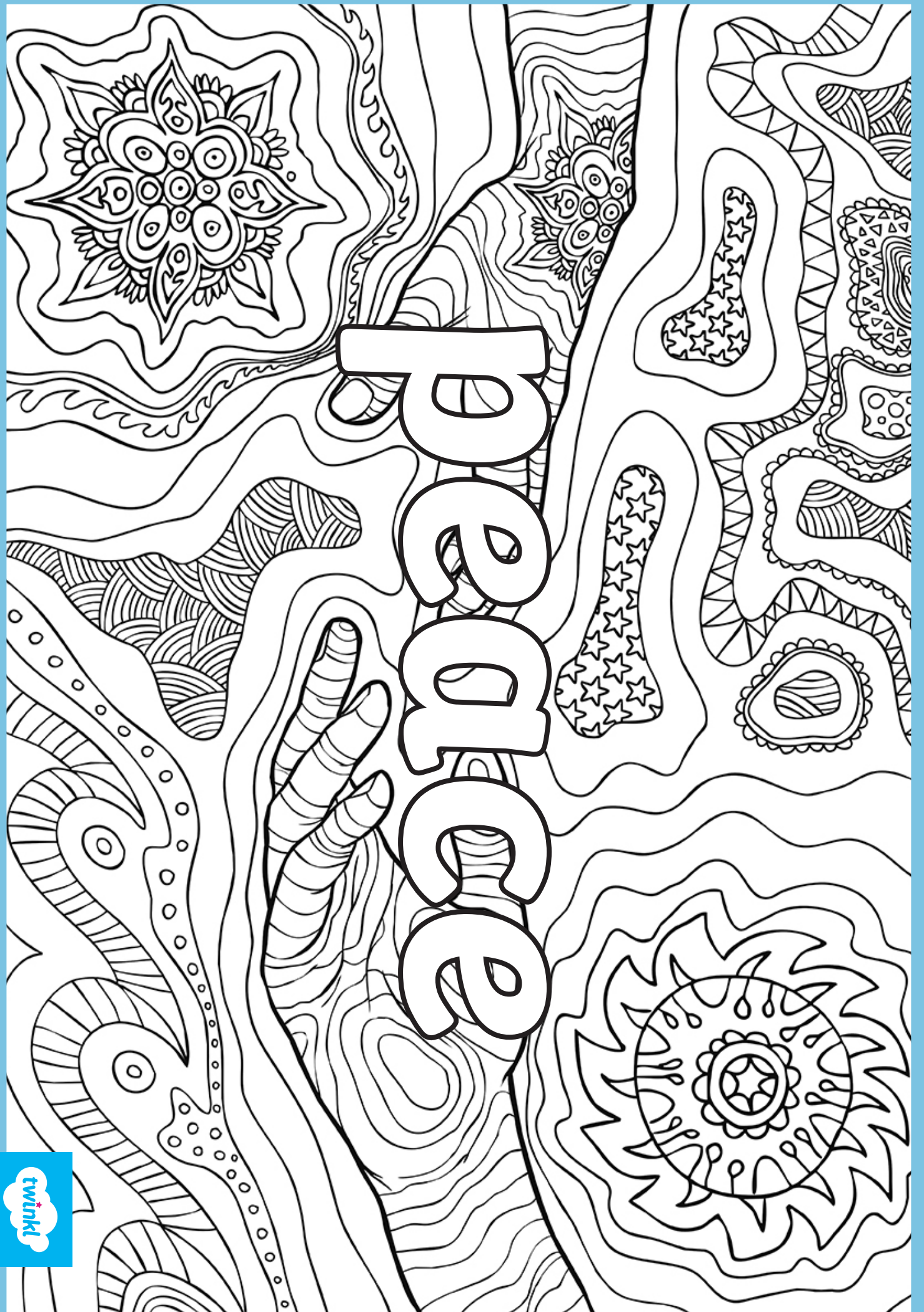
breathe

mental health

emotions

focus

positivity



Word Puzzle

Unscramble the letters to make a word linked to mindfulness and wellbeing.

LEWLBEGIN

CGINCTEAP

VOEL

FLSE ERAC

AWSNEAESR

EISLTLFEY

EGIFLESN

LPNOERAS

KNDI

ENSSSE

ESAIRRBR

UAEVL

ESRPTEN

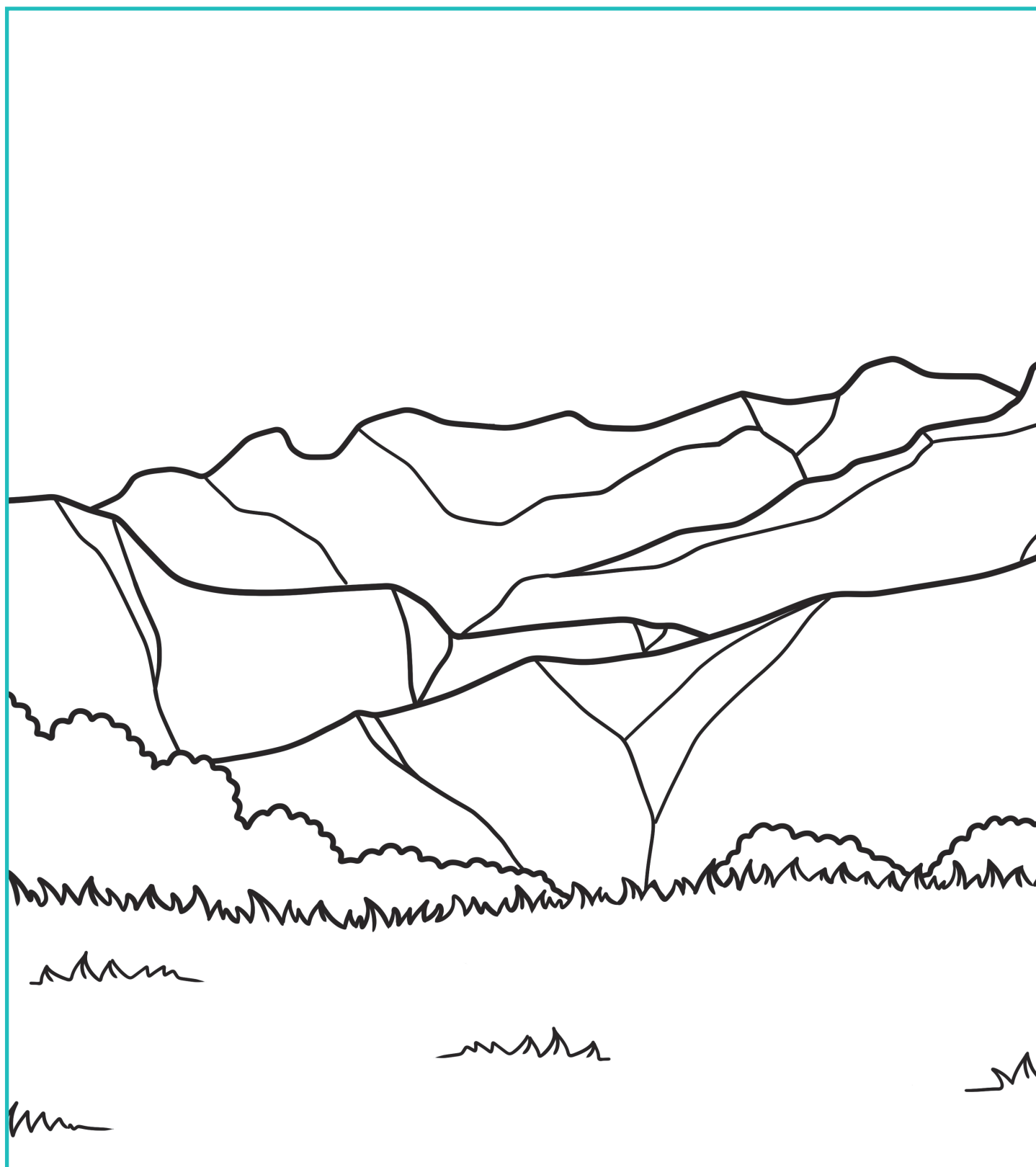
CAISPNSOMO

DUFESCO

TUTIEDAT

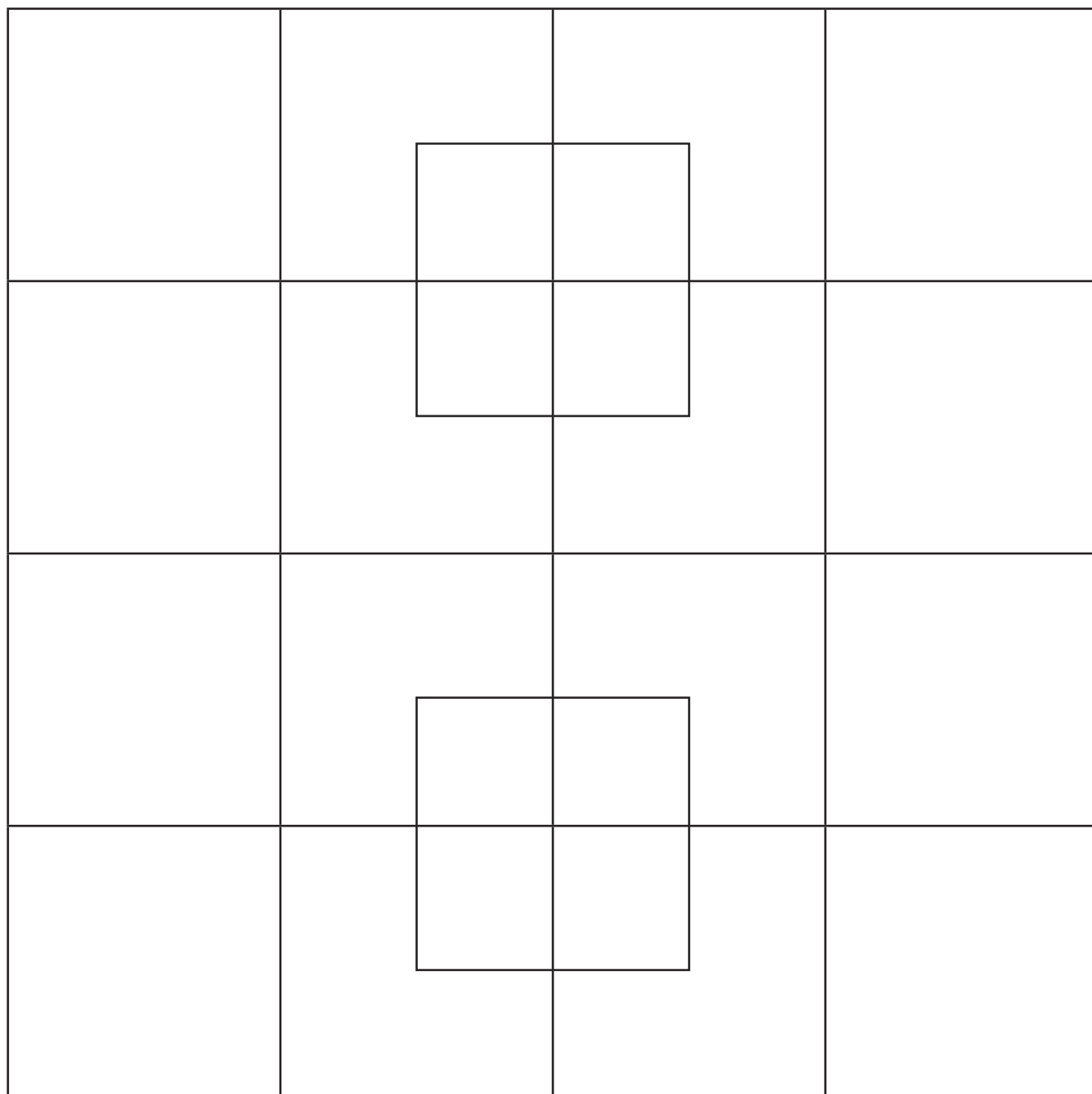
Doodle Page

Can you add details to this landscape, such as trees, rocks, rivers or wildlife?



Brain Teaser

How many squares can you count in this picture?



Mindfulness Maze

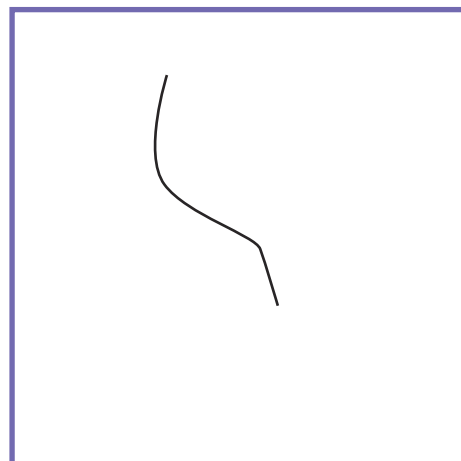
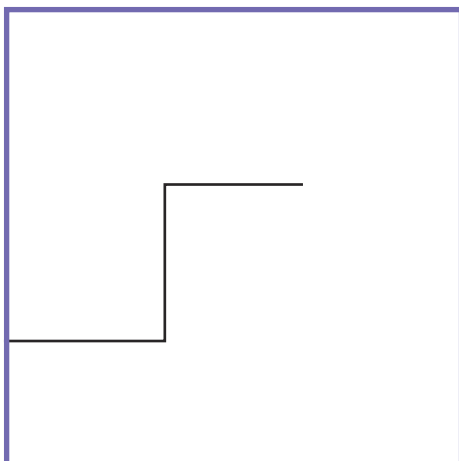
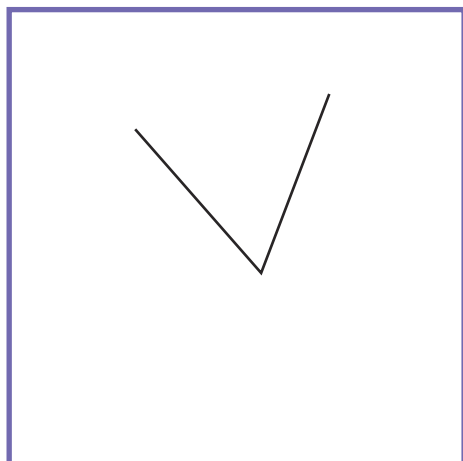
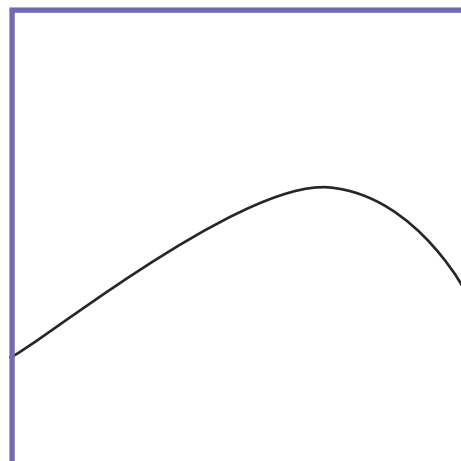
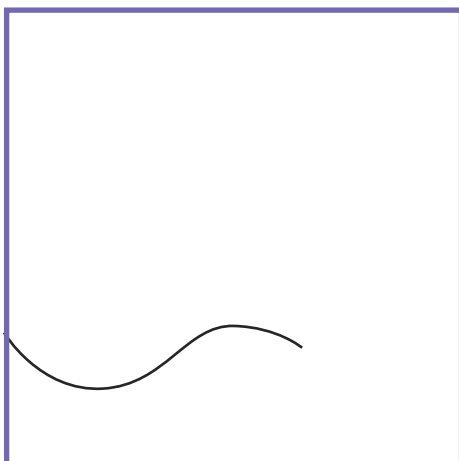
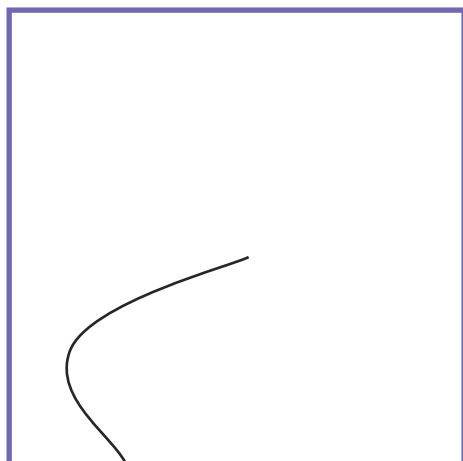
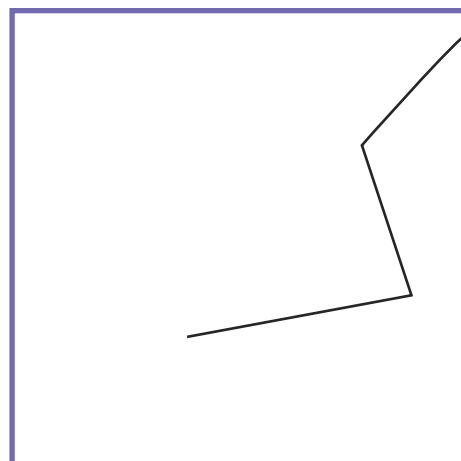
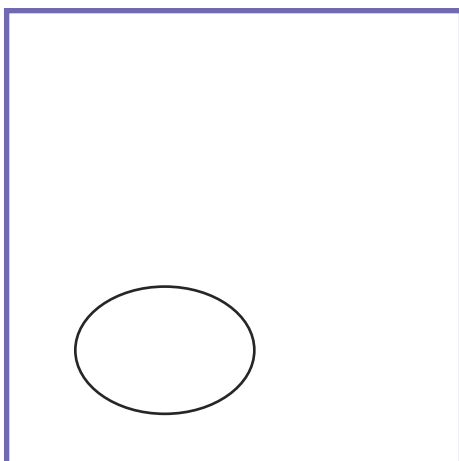
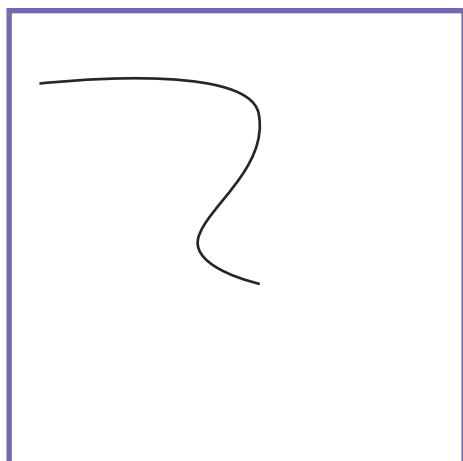
Can you find your way from start to finish through this word maze? You are looking out for words related to mindfulness and wellbeing. Colour in the squares as you go along to find the path.

h	a	p	f	e	g	k	l	q	p
a	b	p	c	d	a	x	b	r	o
q	w	y	r	e	l	j	m	e	n
r	v	t	s	f	h	i	c	a	t
x	v	i	t	e	d	a	b	r	h
z	e	u	i	s	o	z	s	t	e
e	s	n	m	g	p	m	l	a	c
l	p	o	l	h	i	y	w	u	v
f	u	e	m	i	j	u	l	n	s
c	a	r	k	n	d	f	x	e	s

Twinkl Tip: If you are struggling to find your way, check the start of the answer page to see which words you are looking out for. Then, check the final answer page to see the coloured path.

Imagination Activity

Give your brain a workout and let your imagination run wild, by creating your own pictures using these lines as a starting point.



Sudoku - Answers

5	2	4	3	6	1
3	6	1	5	4	2
1	5	6	2	3	4
2	4	3	1	5	6
4	3	2	6	1	5
6	1	5	4	2	3

2	5	1	6	4	3
6	3	4	2	1	5
5	4	6	1	3	2
1	2	3	5	6	4
4	6	5	3	2	1
3	1	2	4	5	6

6	3	2	4	5	1
4	5	1	6	3	2
2	6	3	1	4	5
1	4	5	2	6	3
5	1	6	3	2	4
3	2	4	5	1	6

5	2	4	1	3	6
1	6	3	5	4	2
3	4	2	6	1	5
6	5	1	3	2	4
4	1	6	2	5	3
2	3	5	4	6	1

Mindfulness Maze - Words List

- happy
- relax
- breathe
- calm
- positive
- self care
- mindfulness

Mindfulness Word Search - Answers

m e n t a l h e a l t h
f i w p p b r e a t h e
y h w p u u n w i n d u
q y p p q l u f d n i m
d h v v y p p a h l e b
g s q o d r e l a x o j
c e w s e l f c a r e j
j p o s i t i v i t y d
p o d r l u f e t a r g
n u x a t n e t n o c u
e m o t i o n s k y m q
o i s u c o f n f b h o

mindful

relax

unwind

self care

happy

content

grateful

breathe

mental health

emotions

focus

positivity

Word Puzzle - Answers

Unscramble the letters to make a word linked to mindfulness and wellbeing.

LEWLBEGIN

wellbeing

CGINCTEAP

accepting

VOEL

love

FLSE ERAC

self care

AWSNEAESR

awareness

EISLTLFEY

lifestyle

EGIFLESN

feelings

LPNOERAS

personal

KNDI

kind

ENSSE

senses

ESAIRRBR

barriers

UAEVL

value

ESRPTEN

present

CAISPNSOMO

compassion

DUFESCO

focused

TUTIEDAT

attitude

Mindfulness Maze - Answers

h	a	p	f	e	g	k	l	q	p
a	b	p	c	d	a	x	b	r	o
q	w	y	r	e	l	j	m	e	n
r	v	t	s	f	h	i	c	a	t
x	v	i	t	e	d	a	b	r	h
z	e	u	i	s	o	z	s	t	e
e	s	n	m	g	p	m	l	a	c
l	p	o	l	h	i	y	w	u	v
f	u	e	m	i	j	u	l	n	s
c	a	r	k	n	d	f	x	e	s

Brain Teaser - Answers

40 squares