

## In touch with nature

The words below are hidden in the word square. Your task is to find these words as quickly as possible. They may be read in any direction, right, left, up, down or in any diagonal direction. Put a tick against each word as you find it.

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

calm	clean air	environment	firelight
light	mindful	moment	natural
nature	notice	peaceful	quiet
relax	ripples	sensory	sound
spirit	stone	sustainable	texture
trees	waves		