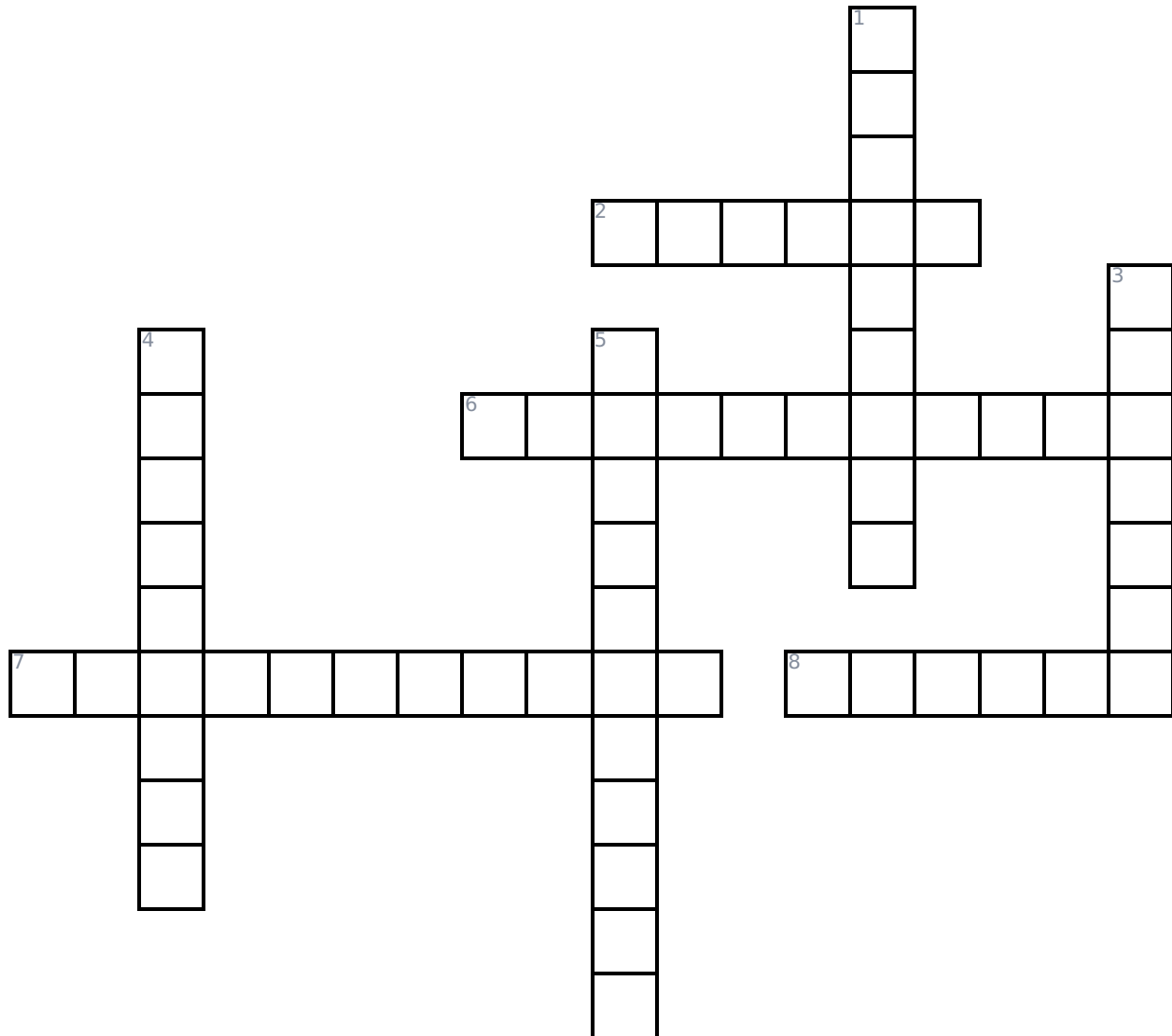


Name: \_\_\_\_\_

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  
CAREFULLY

INTERESTING  
CURIOSITY

NOTICE  
DISCOVERIES

OBSERVE  
SENSES

# Answer Key

