



TIME SHARE

Mindfulness is all about appreciating and living in the moment. And, when it comes to perfecting that ability, there are no better teachers than pets! Spend some time with them and you'll notice how they enjoy their "current reality," are fully aware of their surroundings, and how their sense of calm can rub off on you.

- | | | |
|---|-----------------------------------|--|
| <input type="checkbox"/> BOND | <input type="checkbox"/> PLAY | <input type="checkbox"/> STRESS RELIEF |
| <input type="checkbox"/> CANARY | <input type="checkbox"/> PONY | <input type="checkbox"/> TOY |
| <input type="checkbox"/> CAT | <input type="checkbox"/> PRESENCE | <input type="checkbox"/> TRAIN |
| <input type="checkbox"/> CHAMELEON | <input type="checkbox"/> RABBIT | <input type="checkbox"/> TREAT |
| <input type="checkbox"/> COMPAN-
IONSHIP | <input type="checkbox"/> SNUGGLE | <input type="checkbox"/> WALK |

- | | |
|--|-------------------------------|
| <input type="checkbox"/> CUDDLE | E U S T R E S S R E L I E F N |
| <input type="checkbox"/> DOG | M L V W Z V D V L I Z A R D Z |
| <input type="checkbox"/> DONKEY | B W G M W O Y D D G D C N C O |
| <input type="checkbox"/> FERRET | N P T G N L D R N U A O O W F |
| <input type="checkbox"/> FINCH | I O E K U U P O A A B M G V M |
| <input type="checkbox"/> GAME | A N E U C N E R Y N P T E P R |
| <input type="checkbox"/> GERBIL | R Y K I R L S D E A A N R R D |
| <input type="checkbox"/> GUINEA PIG | T C A R E T N I N S M C B A C |
| <input type="checkbox"/> HAMSTER | K H R M O T G I P A E N I U G |
| <input type="checkbox"/> HORSE | P L A Y R O O D T U O N L T E |
| <input type="checkbox"/> IGUANA | D H P M U N C R E I H K C R Z |
| <input type="checkbox"/> INTERACT | C M Y F S R A H R O B E L E K |
| <input type="checkbox"/> LIZARD | I Z Z H H T T L R A P B E A F |
| <input type="checkbox"/> LOVE | S F I N C H E S E Y P G A T W |
| <input type="checkbox"/> OUTDOOR
activities | E P M V M E E R F I A I N R H |
| <input type="checkbox"/> PARAKEET | |
| <input type="checkbox"/> PARROT | |
| <input type="checkbox"/> PET | |

Solving instructions and solution on the next page.

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How to Solve Word Seeks



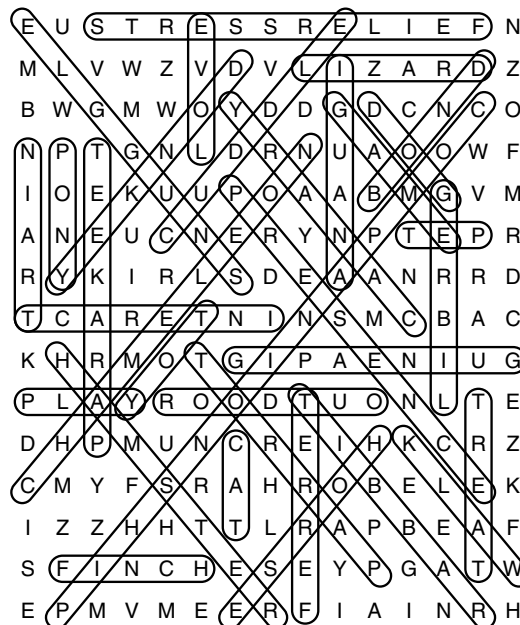
The words in the list are hidden in the diagram of letters. Find them by reading forward, backward, up, down, and diagonally. Do not skip over any letters. Some of the letters in the diagram are used in more than one word; some are not used in any words.

When you find a word in the diagram, circle it and put a check in the small square next to the word in the word list.

Only words in CAPITAL LETTERS in the word list are hidden in the diagram. Words in parentheses and those not in all CAPITAL LETTERS are not in the diagram—they are there for descriptive purposes only. If two forms of the same word (JOY and JOYFUL, for example) are in the word list, they will be found in different places in the diagram.

Caution: The solution is included at bottom of page.

MINDFUL MOMENTS WORD SEEK



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