

Calm Mind

Free reader sample

4 word searches | 2 colouring pages

Try four puzzles, two colouring scenes and their full-page answers from Calm Mind Word Search and Coloring Book by Hazel Maple.

The following pages reproduce the reviewed 198-page paperback. Their original printed page numbers are preserved, so some numbers are skipped.

The word searches and answers use 20-point letters; word lists and main instructions use 16-point type. To retain those sizes, print on 8.5 x 11 inch paper at actual size. For double-sided printing, flip on the long edge. Blank pages preserve the colouring-page reverses.

The full paperback is available on Amazon UK. Visit hazelmale.co.uk/calm-mind for the book link and more free puzzles.

Calm Mind **Word Search and Coloring Book**

64 Large-Print Puzzles and
32 Bold, Easy Coloring Pages

Hazel Maple

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Every listed word has one answer in the allowed directions.
Large-print solutions begin on page 133.

Colouring illustrations are printed on one side, with a blank reverse. Use a spare sheet behind the page if your materials might transfer.

A quiet moment, one page at a time

Choose a puzzle, pick up a pencil and go at your own pace. Each word list follows an everyday theme, from a garden walk to a cup of tea.

After each pair of word searches, you will find a colouring page. Start anywhere in the book; there is no score or time limit.

The word searches and their answers use 20-point letters. Word lists and the main instructions use 16-point type.

For colouring, try coloured pencils first. Test your chosen materials and place a spare sheet underneath when needed. The pages are not perforated.

How to use the puzzles

1. Find all 18 words from the list in the letter grid.
2. Look from left to right, straight down, or diagonally down in either direction. There are no upward or right-to-left answers.
3. Circle each word as you find it, then cross it off the list. Words may cross or share letters.
4. If you get stuck, start with a longer word or look for an unusual letter. You can check the shaded solution at the back.

Every solution names the puzzle and its page, so you can find your way back easily.

Puzzle 1: Morning Stillness

A	K	I	P	B	Y	W	N	U	A	W	C	A	L	M
G	L	A	S	W	I	N	D	O	W	G	M	V	S	D
Z	I	A	T	N	T	W	H	B	Y	M	R	I	O	A
K	G	K	R	L	G	J	D	Y	U	O	T	J	F	W
A	H	O	E	S	U	N	R	I	S	E	Q	G	T	N
D	T	P	T	B	G	X	E	D	V	V	A	Q	L	Q
D	H	V	C	J	I	V	V	V	P	T	M	M	Y	F
F	E	P	H	D	P	R	A	K	E	T	T	L	E	R
Y	B	W	D	Q	B	A	D	G	Q	D	J	L	T	E
A	Q	W	D	P	F	E	U	S	E	Z	F	D	D	S
M	U	L	A	R	P	U	G	S	O	A	B	G	P	H
M	I	B	F	K	O	A	Q	I	E	N	U	W	T	F
D	E	P	N	I	I	P	G	K	N	Y	G	X	Q	Z
Z	T	E	W	W	V	N	S	B	R	E	A	T	H	U
S	L	O	W	L	Y	B	G	E	N	T	L	E	N	G

BEGIN
BIRDSONG
BREATH
CALM
DAWN
DEWDROPS

FRESH
GENTLE
KETTLE
LIGHT
PAUSE
QUIET

SLOWLY
SOFTLY
STRETCH
SUNRISE
WAKING
WINDOW

Puzzle 2: Deep Breaths

W	P	S	I	N	H	A	L	E	Z	B	E	L	L	Y
S	A	A	S	A	E	G	I	I	L	T	D	K	V	C
T	S	F	P	S	O	F	T	E	N	S	F	F	S	D
I	E	A	S	C	E	R	S	C	L	K	A	C	H	V
L	T	R	I	G	P	W	E	O	T	D	I	V	L	L
L	T	H	I	K	E	Q	W	L	C	W	L	W	M	J
B	L	Y	P	L	N	Y	C	G	E	O	O	H	I	G
B	E	T	A	D	R	V	P	D	N	A	O	T	E	P
N	F	H	U	I	R	U	E	T	T	U	S	G	V	S
L	Y	M	S	U	D	X	X	P	E	N	E	E	T	C
U	E	E	E	O	D	M	H	D	R	N	N	E	O	E
N	H	K	S	V	Q	F	A	L	L	Y	A	U	A	Q
G	M	F	A	F	W	N	L	H	W	D	N	L	S	U
S	T	L	H	C	C	W	E	P	Y	T	B	A	I	M
Q	A	I	R	P	S	K	M	K	R	C	Q	S	V	E

AIR
BELLY
CENTER
COUNT
EXHALE
FALL

INHALE
LOOSEN
LUNGS
PAUSE
RELEASE
RHYTHM

RISE
SETTLE
SLOW
SOFTEN
STEADY
STILL

Colouring 1



Puzzle 3: Garden Walk

S	M	B	B	K	B	L	A	O	Y	U	W	S	H	D
F	O	P	P	E	T	A	L	S	Q	I	A	U	F	W
U	S	A	D	N	D	E	F	S	K	T	T	N	S	R
O	S	T	T	T	R	E	L	L	I	S	E	D	P	V
O	O	H	C	T	B	I	S	L	P	N	R	I	S	Z
Q	D	W	C	N	U	U	W	I	A	B	I	A	T	O
Q	O	A	L	L	P	T	G	B	A	L	N	L	E	N
I	S	Y	A	A	M	S	R	A	Z	O	G	X	F	X
V	H	F	V	R	D	I	A	B	I	S	N	C	E	P
Y	A	Q	E	B	H	S	V	E	R	S	K	E	R	F
M	D	N	N	O	E	L	E	E	Z	O	Z	K	N	R
G	E	I	D	R	D	C	L	S	O	M	W	J	S	J
L	W	G	E	T	G	D	F	O	U	N	T	A	I	N
O	N	A	R	Z	E	B	L	X	R	O	S	E	S	H
W	J	L	R	A	S	S	B	I	R	D	B	A	T	H

ARBOR
BEES
BIRDBATH
BLOSSOM
FERNS
FOUNTAIN

GRAVEL
HEDGES
IVY
LAVENDER
MOSS
PATHWAY

PETALS
ROSES
SHADE
SUNDIAL
TRELLIS
WATERING

Puzzle 4: Tea Ritual

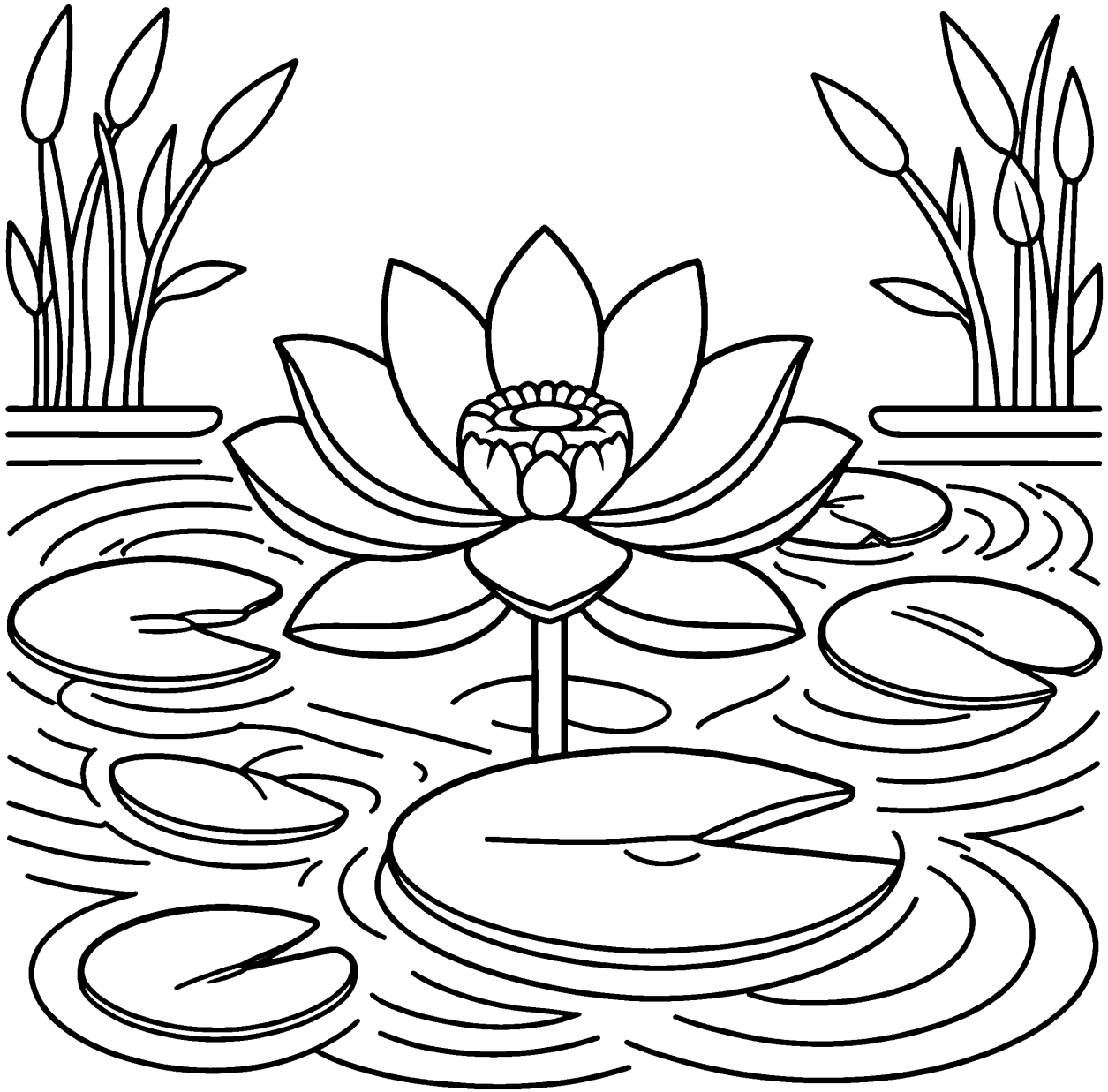


BREW
CHAMOMILE
COZY
CUP
GINGER
HONEY

INFUSION
JASMINE
KETTLE
LEAVES
LEMON
MINT

SAUCER
SIP
STEAM
STEEP
TEAPOT
WARMTH

Colouring 2



Large-print solutions

Each answer has a full page of its own, with the same letter size as the puzzle.

Grey shading shows the hidden words. Words may share some shaded squares.

Check a single word, return to your puzzle, or compare your completed grid. These pages are here whenever you want them.

Solution 1: Morning Stillness

Puzzle on page 5



BEGIN
BIRDSONG
BREATH
CALM
DAWN
DEWDROPS

FRESH
GENTLE
KETTLE
LIGHT
PAUSE
QUIET

SLOWLY
SOFTLY
STRETCH
SUNRISE
WAKING
WINDOW

Solution 2: Deep Breaths

Puzzle on page 6

W	P	S	I	N	H	A	L	E	Z	B	E	L	L	Y
S	A	A	S	A	E	G	I	I	L	T	D	K	V	C
T	S	F	P	S	O	F	T	E	N	S	F	F	S	D
I	E	A	S	C	E	R	S	C	L	K	A	C	H	V
L	T	R	I	G	P	W	E	O	T	D	I	V	L	L
L	T	H	I	K	E	Q	W	L	C	W	L	W	M	J
B	L	Y	P	L	N	Y	C	G	E	O	O	H	I	G
B	E	T	A	D	R	V	P	D	N	A	O	T	E	P
N	F	H	U	I	R	U	E	T	T	U	S	G	V	S
L	Y	M	S	U	D	X	X	P	E	N	E	E	T	C
U	E	E	E	O	D	M	H	D	R	N	N	E	O	E
N	H	K	S	V	Q	F	A	L	L	Y	A	U	A	Q
G	M	F	A	F	W	N	L	H	W	D	N	L	S	U
S	T	L	H	C	C	W	E	P	Y	T	B	A	I	M
Q	A	I	R	P	S	K	M	K	R	C	Q	S	V	E

AIR
BELLY
CENTER
COUNT
EXHALE
FALL

INHALE
LOOSEN
LUNGS
PAUSE
RELEASE
RHYTHM

RISE
SETTLE
SLOW
SOFTEN
STEADY
STILL

Solution 3: Garden Walk

Puzzle on page 9



ARBOR

BEES

BIRDBATH

BLOSSOM

FERNS

FOUNTAIN

GRAVEL

HEDGES

IVY

LAVENDER

MOSS

PATHWAY

PETALS

ROSES

SHADE

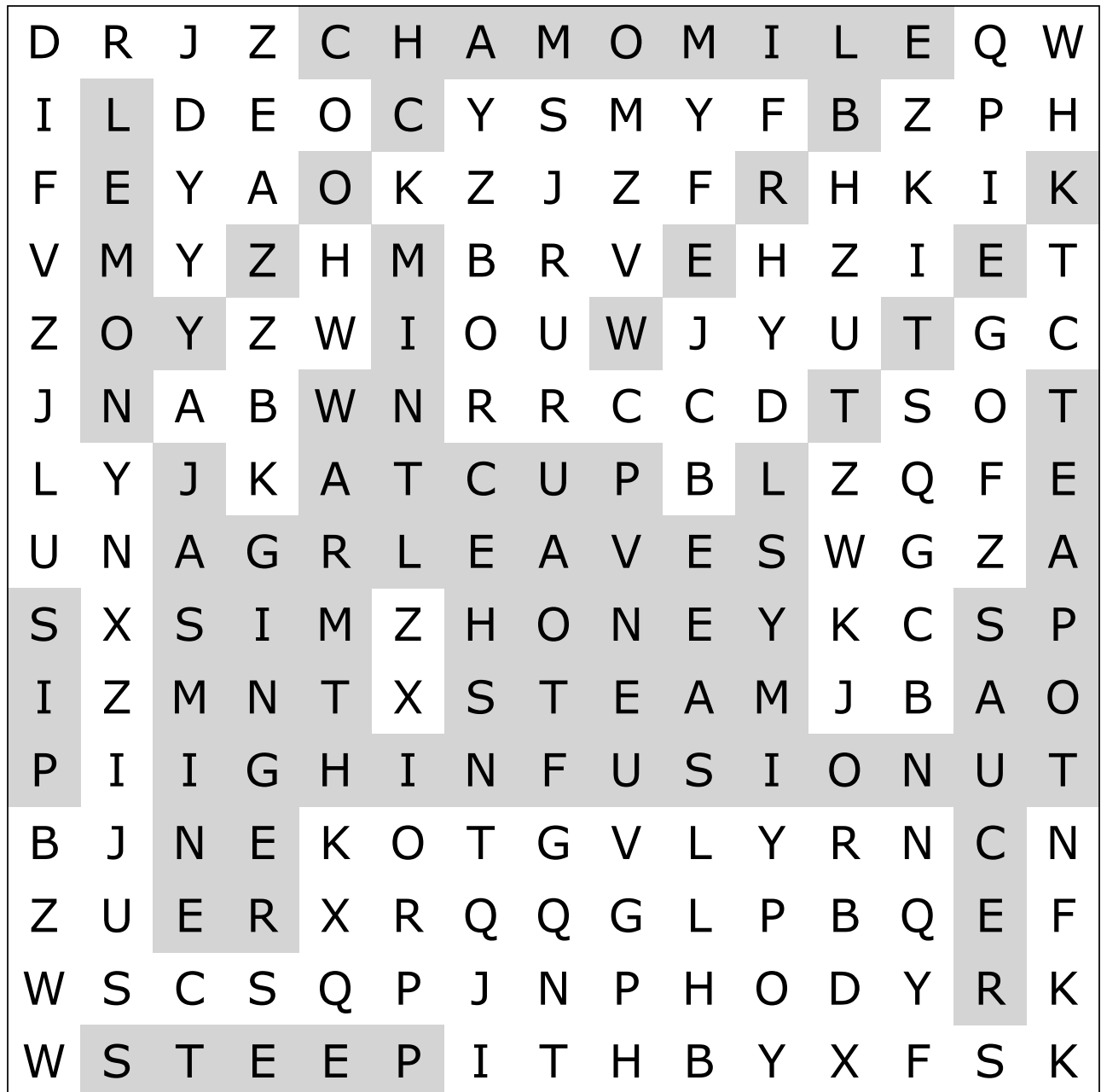
SUNDIAL

TRELLIS

WATERING

Solution 4: Tea Ritual

Puzzle on page 10



BREW
CHAMOMILE
COZY
CUP
GINGER
HONEY

INFUSION
JASMINE
KETTLE
LEAVES
LEMON
MINT

SAUCER
SIP
STEAM
STEEP
TEAPOT
WARMTH

