A little pause for you

For the grown-up whose heart needs a moment, too.

Find sixteen words across or down. No timer. No need to finish.

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

QUIET	**GARDEN**	**MOMENT**	**BREATHE**
SUNSHINE	**CUPPA**	**REST**	**GENTLE**
KINDNESS	**COMFORT**	**PEACE**	**HOPE**
WARMTH	**PAUSE**	**SMILE**	**BELONG**

You may be caring for a child while carrying your own feelings.

A few quiet minutes are allowed. You can come back another day.