

Name: _____

Date: _____

CALM DOWN WORDS

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

THINK POSITIVELY
WATCH A MOVIE
TALK IT OUT
COLOR
DANCE
DRAW

PLAY WITH A PET
COUNT TO TEN
MEDITATE
PAINT
READ
SING

LISTEN TO MUSIC
PLAY A GAME
EXERCISE
CLEAN
PRAY