

Name: _____

Date: _____

CHILL SKILLS

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

APOLOGIZE FOR MISTAKES
POSITIVE THINKING
PROBLEM SOLVE
TAKE A BREAK
IMESSAGES
KINDNESS
MUSIC

RECOGNIZE TRIGGERS
FEW DEEP BREATHS
ASSERTIVENESS
MOVE AROUND
VISUALIZE
CALM TV
TALK

AVOID ANGRY WORDS
STOP AND THINK
CREATIVENESS
ACCEPTANCE
EMPATHIZE
LISTEN