

Name: _____

Date: _____

Calm

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

take a moment
positive
breathe
wait
calm

ask for help
be calm
peace
safe
now

count to ten
just be
nice
rest

you got this
mindful
good
slow