

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Calming words

X A L E R B A C T P

F R I E N D S H I P

A P P R E C I A T E

K H O O N Z H N N P

H M S E E Y P P A H

T L I G R K L M D P

A A T N G L O W A L

E C I I Y A V M N E

R I V S L T E D C H

B L E S M I L E E F

|            |            |          |        |
|------------|------------|----------|--------|
| APPRECIATE | FRIENDSHIP | POSITIVE | ENERGY |
| BREATH     | SMILE      | HAPPY    | RELAX  |
| DANCE      | HELP       | LOVE     | TALK   |
| CALM       | SING       | ACT      |        |