

Name: _____

Date: _____

Cool Down Search

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

pull yourself together
breathe easy
keep cool
peaceful
smooth
soothe
relax

take it nice and easy
settle down
chill out
compose
simmer
leader

control oneself
stay calm
restrain
mollify
unwind
allay