

Name: _____

Date: _____

Corvid=19

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

positive affirmations

its ok not to be ok

share your feelings

use your supports

positive thoughts

youre not alone

thoughtstopping

be encouraged

be optimistic

stay positive

dont give up

hope