

Name: _____

Date: _____

DON'T WORRY, BE HAPPY

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

BREATHING EXERCISE
COMPASSION
VOLUNTEER
THANKFUL
FRIENDS
RELAX
TUTOR

GLASS HALF FULL
POSITIVITY
EXERCISE
VACATION
ACTIVE
SLEEP
YOGA

HEALTHY DIET
ENDORPHINS
OPTIMIST
FORGIVE
FAMILY
SMILE