

Name: _____

Date: _____

Life Skills

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

LIFESKILLS	JOURNALING	SELFIMAGE	RESILIENT	MARIJUANA
CIGARETTE	SELFCARE	FEELINGS	EXERCISE	EMOTIONS
TOBACCO	SADNESS	DISGUST	ANXIETY	ALCOHOL
HAPPY	DRUNK	DRUGS	ANGER	WEED
VAPE	HOPE	HELP	BOWL	JOY