

NFI Winter Sparkle

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

Coping skills	Transitions	Mindfulness	Regulation	Activities
Creativity	Structure	Self care	Treatment	Teamworks
Community	Strength	Feedback	Mission	Friends
Respect	Process	Future	Sports	Family
Peers	Goals	Yoga	Farm	