

Name: _____

Date: _____

New Year New You

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

positive behavior
 Ask for help
 Stressful
 Counting
 Reading
 Listen
 Hug

Deep Breathing
 Make up work
 Happiness
 Benefits
 Relaxed
 Paint

Label Feelings
 Consistency
 Exercise
 Triggers
 Calimah
 Humor

Clean my room
 Safe space
 Thoughts
 Browsing
 Online
 Goals

Coping skills
 Journaling
 Meditate
 Dancing
 Mother
 Sing