

Name: _____

Date: _____

POSITIVE VS NEGATIVE

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

DEPRESSION	EXPLOSIVE	SELFWORTH	LAUGHING	MEDITATE	THOUGHTS
HURTFUL	DISPECT	WALKING	FRIENDS	BREATHE	POSITIVE
SCREAM	JOKING	FAMILY	SPORTS	PUNCH	TEARS
ARGUE	BREAK	FIGHT	ANGER	MUSIC	RELAX
DREAM	HAPPY	YELL	MEAN	HATE	HURT
CALM	HOPE	HIT	CRY		