

Name: _____

Date: _____

Positive Mental Health

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

Acknowledgement

Self Awareness

Self Advocacy

Confidence

Compassion

Positive

Mindful

Sharing

Friends

Health

Caring

Faith

Happy

Oasis

Hope