

Name: _____

RELAX

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

Responsible
Wonderful
Kindness
Laugh
Dream

Happy Heart
Calm Down
Relief
Loved
Relax

Meditation
Step-Back
Breath
Peace
Safe