

Name: _____

Date: _____

Relaxation

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

participate

practice

skill

relax

concentrate

breathe

tense

cues

recognize

steps

count

feel