

Name: _____

Date: _____

Self Control

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

Verbalize Feelings

Follow Directions

Think and Act

Coping Skills

Self Control

Ask For Help

Drink Water

Deep Breath

Journaling

Patience

Music

Read