

Name: _____

Date: _____

Tools

W E S H X T R 1 C M M T G H T U P X T O D S 1 B
X O R T B I R F R E C H C K X U X S E I X M R K
1 D G K G I R O E A M X O N E T O L B I S O R O
K E I L B L O C L Y H T A K E A B R E A K G T 1
P E F 1 M I Y U A 0 G N H S I P M T G K O O B L
D P F S N G 0 S X O P H D B E O W F F I C T C R
C B 1 1 E P W O I H 1 R Y A U 1 S P L D R O R A
O R F F K B W N N E Y C B M H I A O D D P A O 1
X E W R A N Y Y G P K L E 1 F D D P E K E C 1 D
L A E M H X Y O M 0 U X N D U Y E P U 0 R A P I
H T D U I N S U U 0 P H D A P A S U K X X L O M
I H W L E C T R S X G Y X 0 B B I R C L R M M T
D I C I U 1 B S I G 0 F K C E S G D O G W P H A
T N N 1 P W L T C X S S R E A U W 1 A R M L K L
A G X K A I O R M H P N B X T P 0 T H I O A R K
L T T T Y O N E E 1 U 1 Y Y M 0 1 M K H G C F T
X M S A W C P N G Y X R X O U B 0 G M M I E C O
U S 0 K F T D G O R K O W X S B K M R P 1 F H A
1 P C E X W X T M C E P C M I X X I B S Y E U N
F 0 T A P B B H K A 1 P E A C Y 0 F E N 1 R O A
G H F W H B T S P B M C O U N T T O 1 0 D P 1 D
1 N Y A L 0 U A Y N S R U T G Y P 1 T G P T S U
1 M L L T L K N D C W O N T 0 E H A D I R 0 G L
K I E K M D S T R E T C H A F B S X H T L 0 E T

focus on your strengths

go to a calm place

talk to an adult

relaxing music

deep breathing

take a break

upbeat music

count to 10

take a walk

stretch