

Name: _____

What helps you ASK, SEEK, and KNOCK?

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

MAKE A MUSIC PLAYLIST
LISTEN TO A STORY
LISTEN TO MUSIC
WATCH A MOVIE
WORK OUTSIDE
RIDE A BIKE
SCRAPBOOK
UNPLUG
COLOR
SWIM

PLAY AN INSTRUMENT
EAT WITH FRIENDS
GO ON A PICNIC
MAKE JEWELRY
BLOW BUBBLES
READ A BOOK
VOLUNTEER
SLEEP
LAUGH
HIKE

WRITE IN A JOURNAL
LISTEN TO NATURE
DRAW A PICTURE
PLAY A SPORT
COOK A MEAL
DO A PUZZLE
STARGAZE
DANCE
PRAY
RUN

GIVE A COMPLIMENT
TALK TO A FRIEND
HELP A FRIEND
WATCH CLOUDS
SING A SONG
TAKE A NAP
STRETCH
PAINT
WALK