

When I am frustrated I will...

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

conversation
play games
napping
music

deep breaths
Exercise
stretch
draw

watch movies
hugging
build