

Name: _____

Date: _____

feel calmer

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

exercise

meditate

breathe

friends

journal

nature

sports

write

list

draw

walk

talk

sing