|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

CHILL SKILLS

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

   CREATIVENESS       MOVE AROUND       TAKE A BREAK       RECOGNIZE TRIGGERS       STOP AND THINK       PROBLEM SOLVE       AVOID ANGRY WORDS       FEW DEEP BREATHS       APOLOGIZE FOR MISTAKES       ACCEPTANCE       ASSERTIVENESS       IMESSAGES       KINDNESS       POSITIVE THINKING       VISUALIZE       CALM TV       MUSIC       LISTEN       TALK       EMPATHIZE