

Name: _____

Date: _____

Helpful Reminders

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

immune boosting foods
physical distance
yard picnic
gardening
movement
fishing
nature
humor

choose your reactions
choose patience
organizing
stay home
no blame
dancing
crafts
music

home spa treatments
bird watching
wash hands
gratitude
no shame
journal
prayer
love

self responsibility
home projects
meditation
exercise
reading
respect
jokes
bbq