

Peaceful kids

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

Positive thoughts
Warm and fuzzy
Mindfulness
Journaling
Self talk
Check in
Breath
You

Coping strategies
Thinking brain
Worry time
Meditation
Feelings
Talking
Leaves
Jam

Belly breathing
Peacefulkids
Worry spot
Encourage
Amygdala
Drawing
Create

Problem solving
Perspective
Proportion
Colouring
Feathers
It's ok
Share