

Skills Toolbox

Hard · 16 × 16 · 18 words · every direction, backwards too

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

- ☐ REFRAMING
- ☐ JOURNALING
- ☐ VISUALIZATION
- ☐ RELAXATION
- ☐ DISTRACTION
- ☐ SELF TALK

- ☐ BOUNDARIES
- ☐ PROBLEM SOLVING
- ☐ TIME OUT
- ☐ MINDFULNESS
- ☐ MEDITATION
- ☐ BODY SCAN

- ☐ AFFIRMATIONS
- ☐ SENSORY BREAK
- ☐ SAFE SPACE
- ☐ SOCIAL SUPPORT
- ☐ COPING CARDS
- ☐ FEELINGS WHEEL

Skills Toolbox: answer key

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