

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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