



12

PUZZLES &
MANDALAS

MINDFULNESS WORDSEARCH

WITH RAINBOW MANDALA
COLOURING PAGES



MINDFULNESS

W O R D S E A R C H

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

- Awareness

Meditation

Breath

Presence
- Compassion

Acceptance

Mindfulness

Peace
- Relaxation

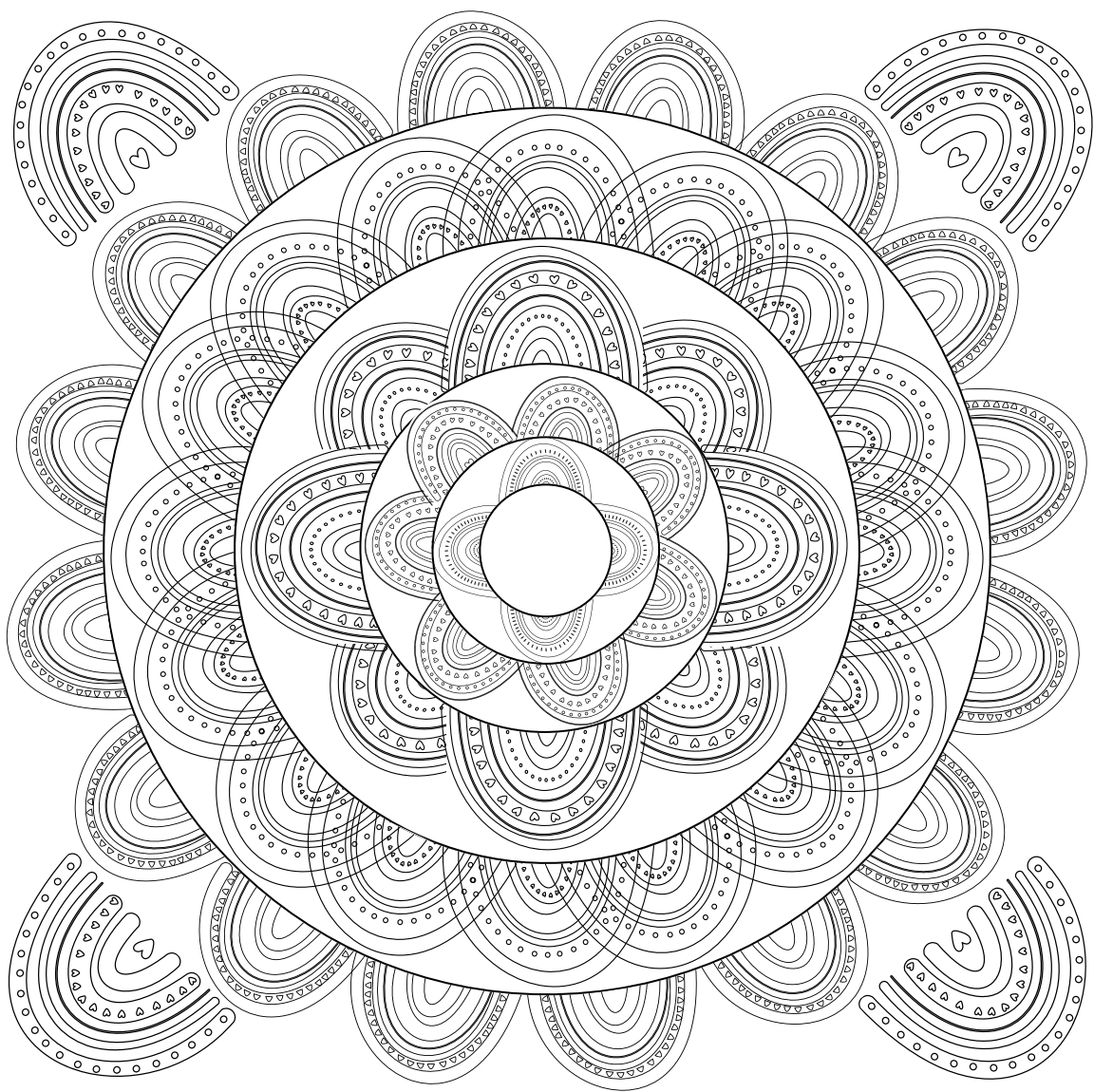
Gratitude

Focus

Insight
- Patience

Sensory

Emotion

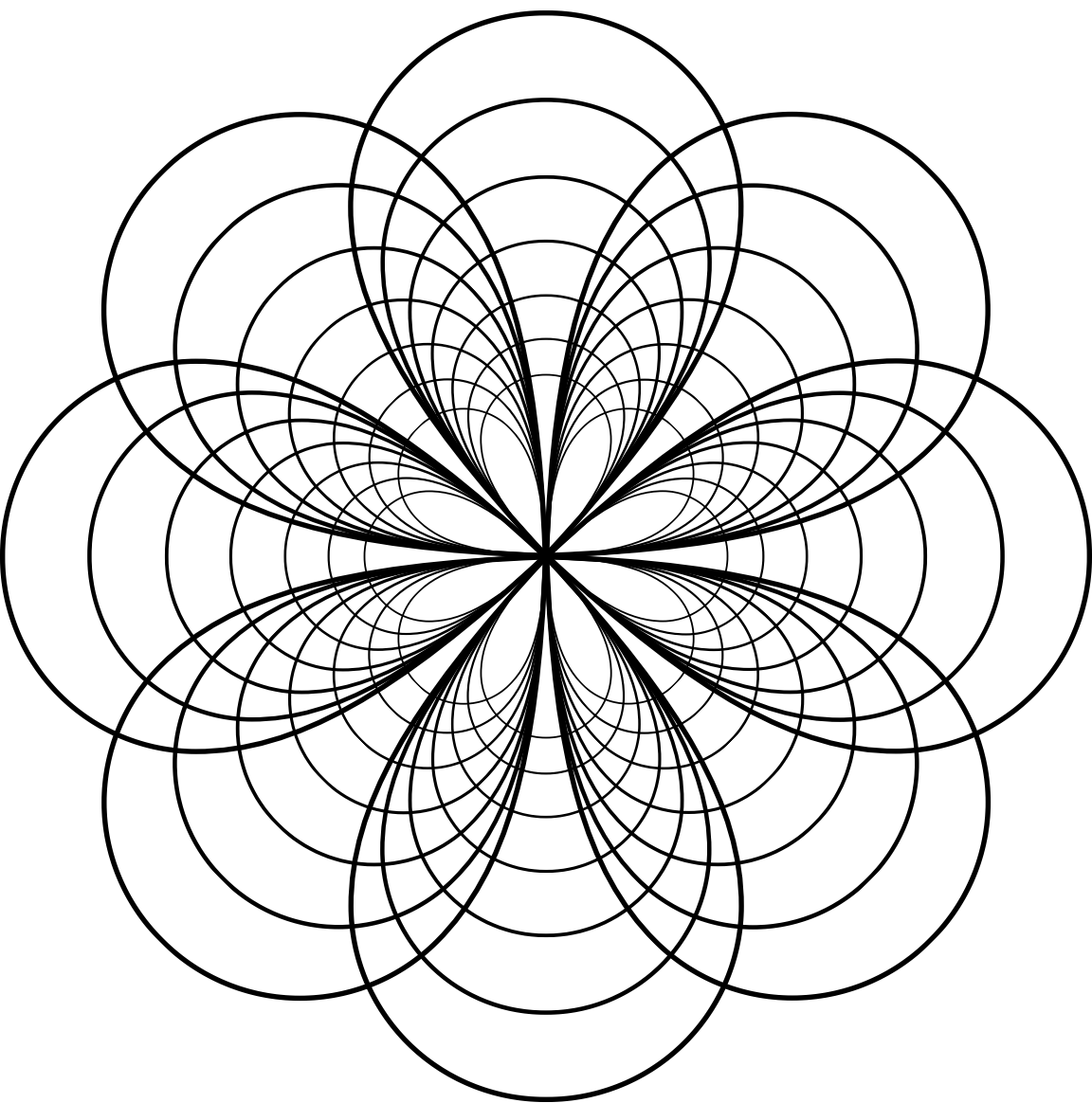


GRATITUDE

WORD SEARCH

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

- | | | | |
|------------|-----------|-------------|----------|
| Reflection | Blessings | Contentment | Humility |
| Appreciate | Kind | Happiness | Grateful |
| Grace | Generous | Serenity | Thankful |
| Attitude | Joy | Recognize | |



LOVING KINDNESS

WORD SEARCH



Empathy

Harmony

Warmth

Acknowledge

Understand

Respect

Altruism

Pursue

Forgive

Tender

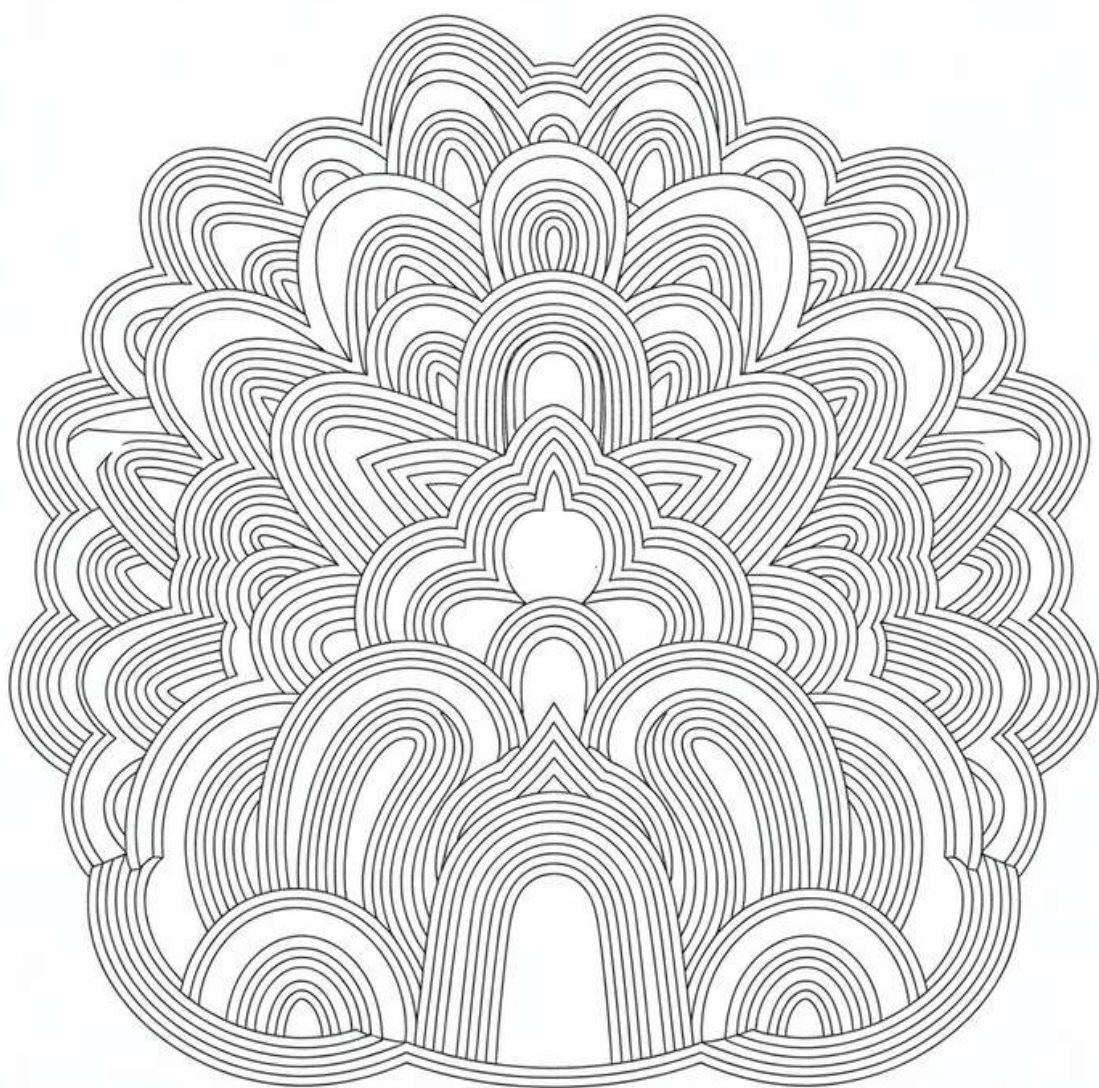
Love

Desire

Patience

Accept

Kind



MEDITATION

WORD SEARCH



Calm

Tranquility

Relaxation

Insight

Stillness

Awareness

Peace

Balance

Focus

Serenity

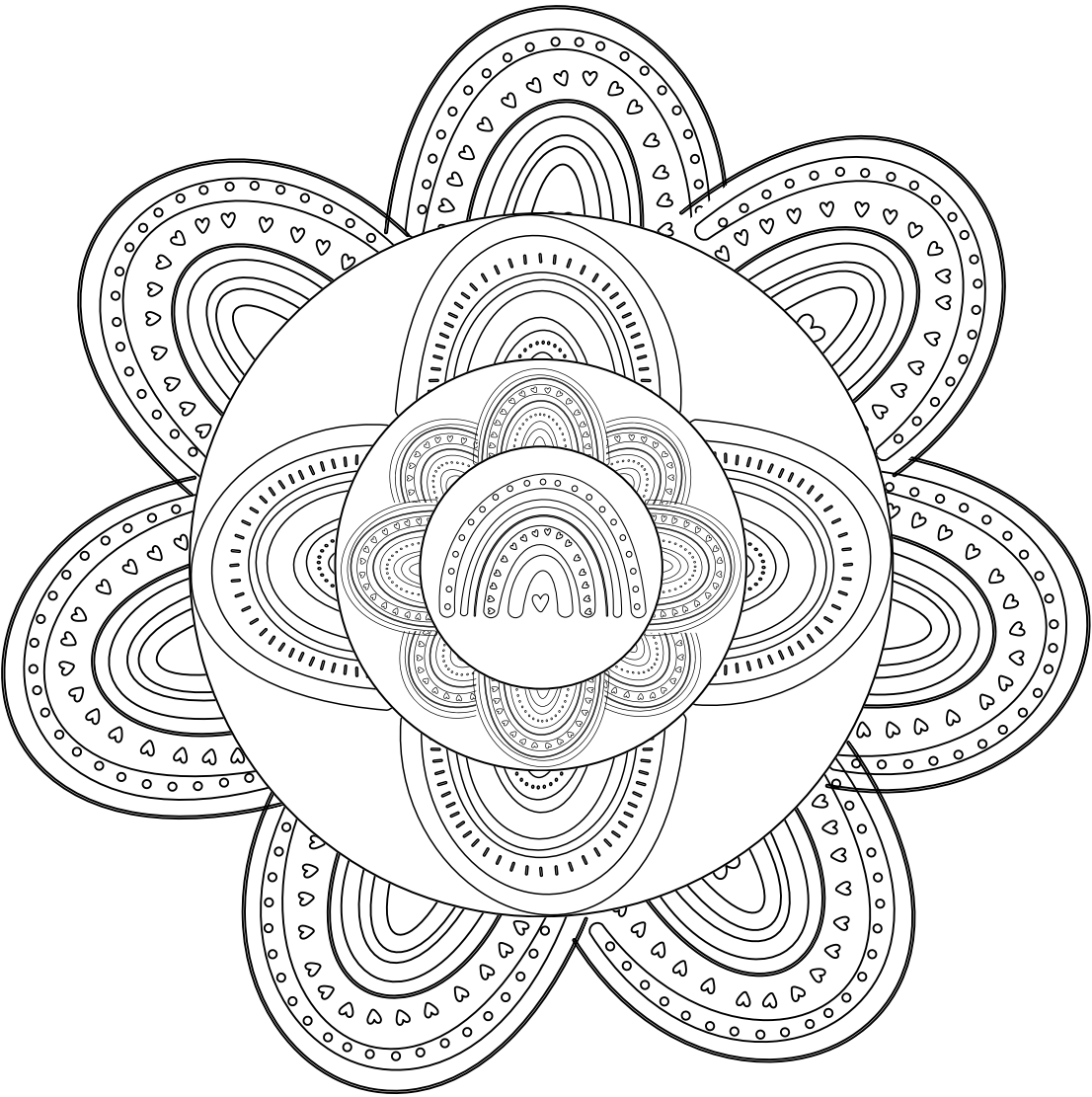
Harmony

Centering

Presence

Clarity

Breath



STRESS BREAK

WORD SEARCH

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

Breathe

Music

Stretch

Socialize

Meditate

Laugh

Relax

Hobbies

Walk

Nature

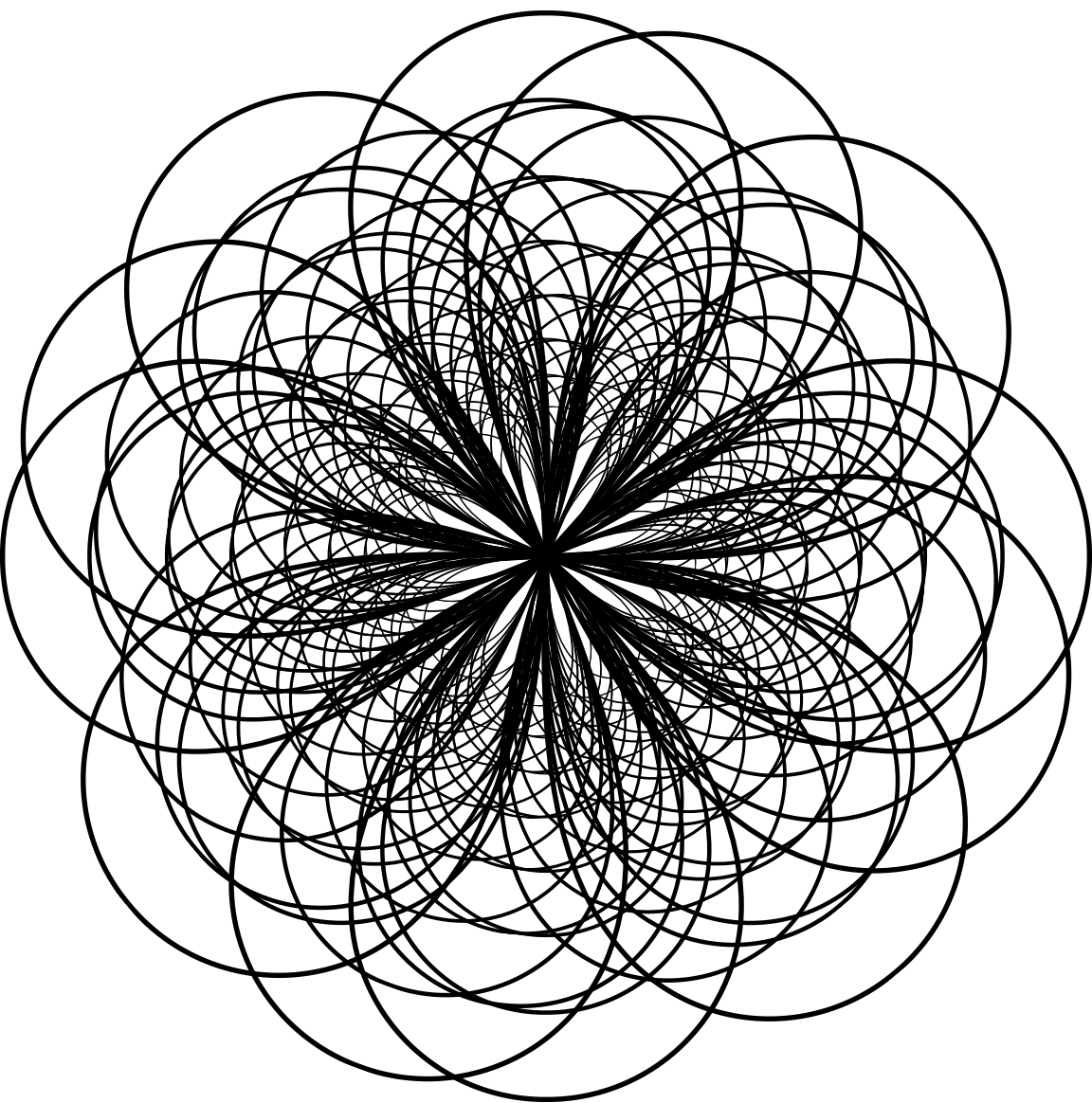
Journal

Calmness

Yoga

Sleep

Unplug



SELF-COMPASSION

WORD SEARCH



Grace

Radiance

Glow

Embrace

Solace

Embrace

Tranquil

Sanctuary

Harmony

Bloom

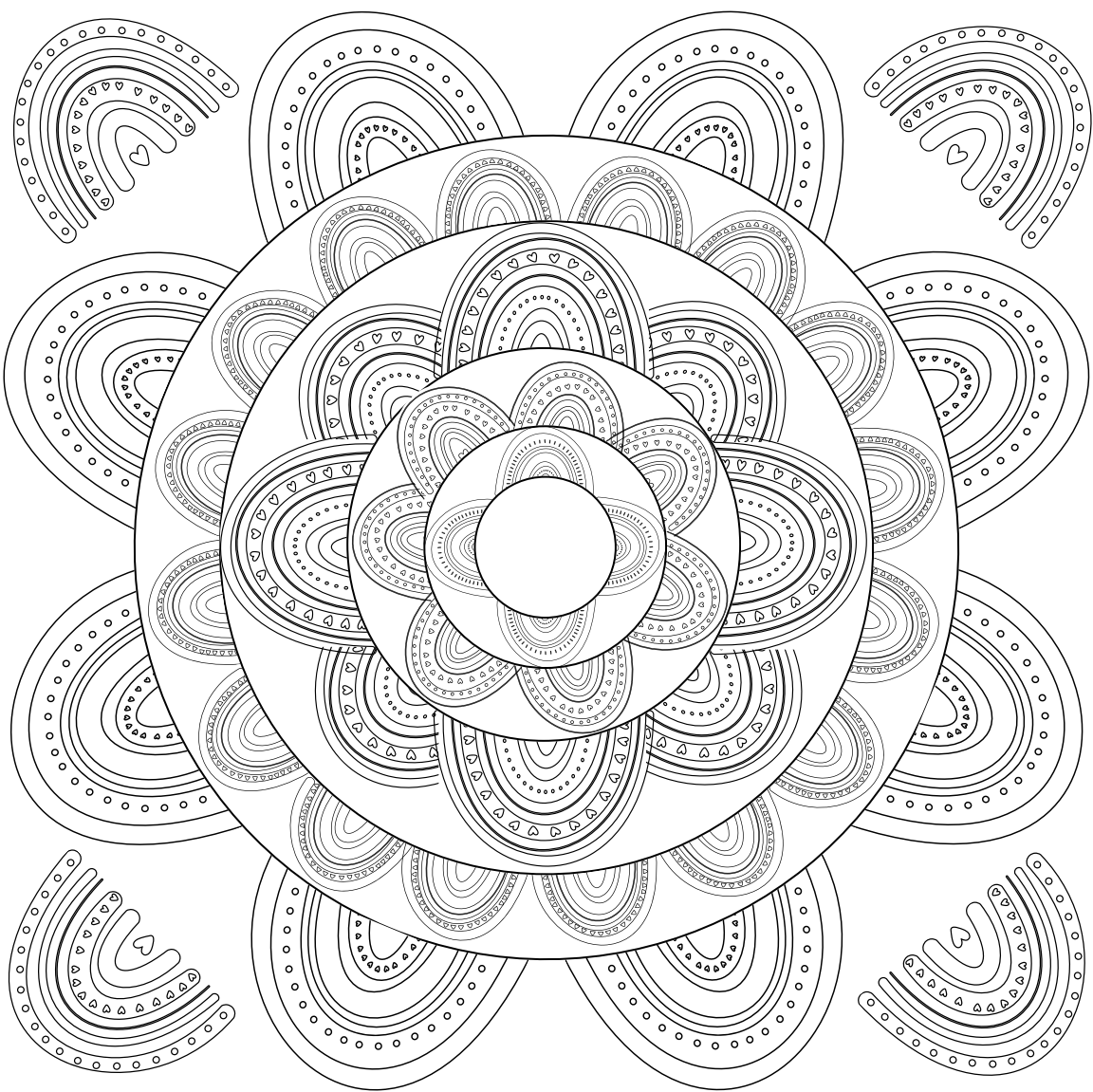
Wholeness

Empower

Ease

Serene

Flourish



RELAXATION

WORD SEARCH



Bliss

Calm

Mellow

Leisure

Lull

Soothe

Ease

Placid

Serene

Chill

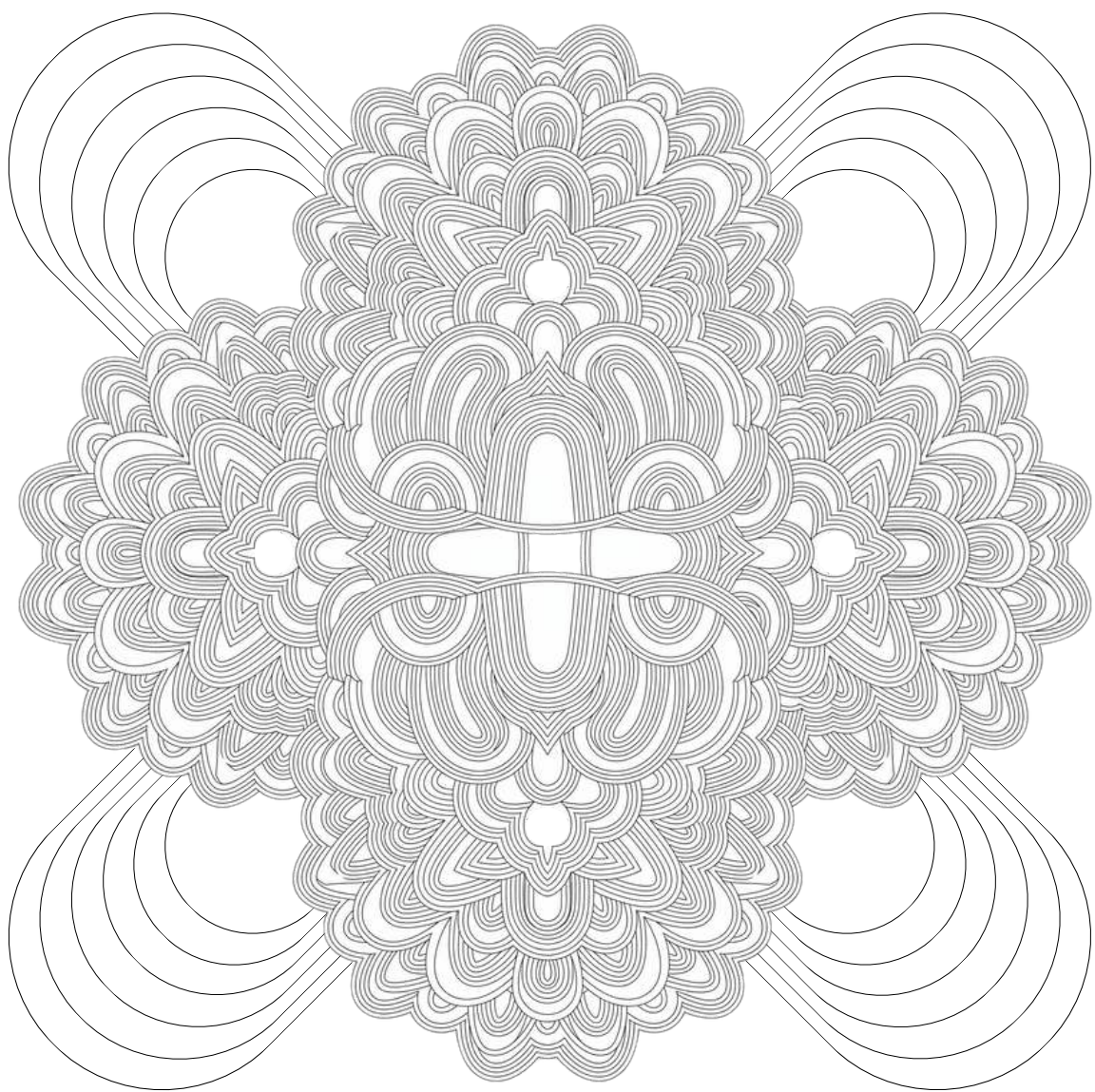
Peace

Recline

Unwind

Zen

Breathe



SENSORY

WORD SEARCH



Attune

Perceive

Immerse

Connect

Savor

Absorb

Enliven

Intuit

Awaken

Discern

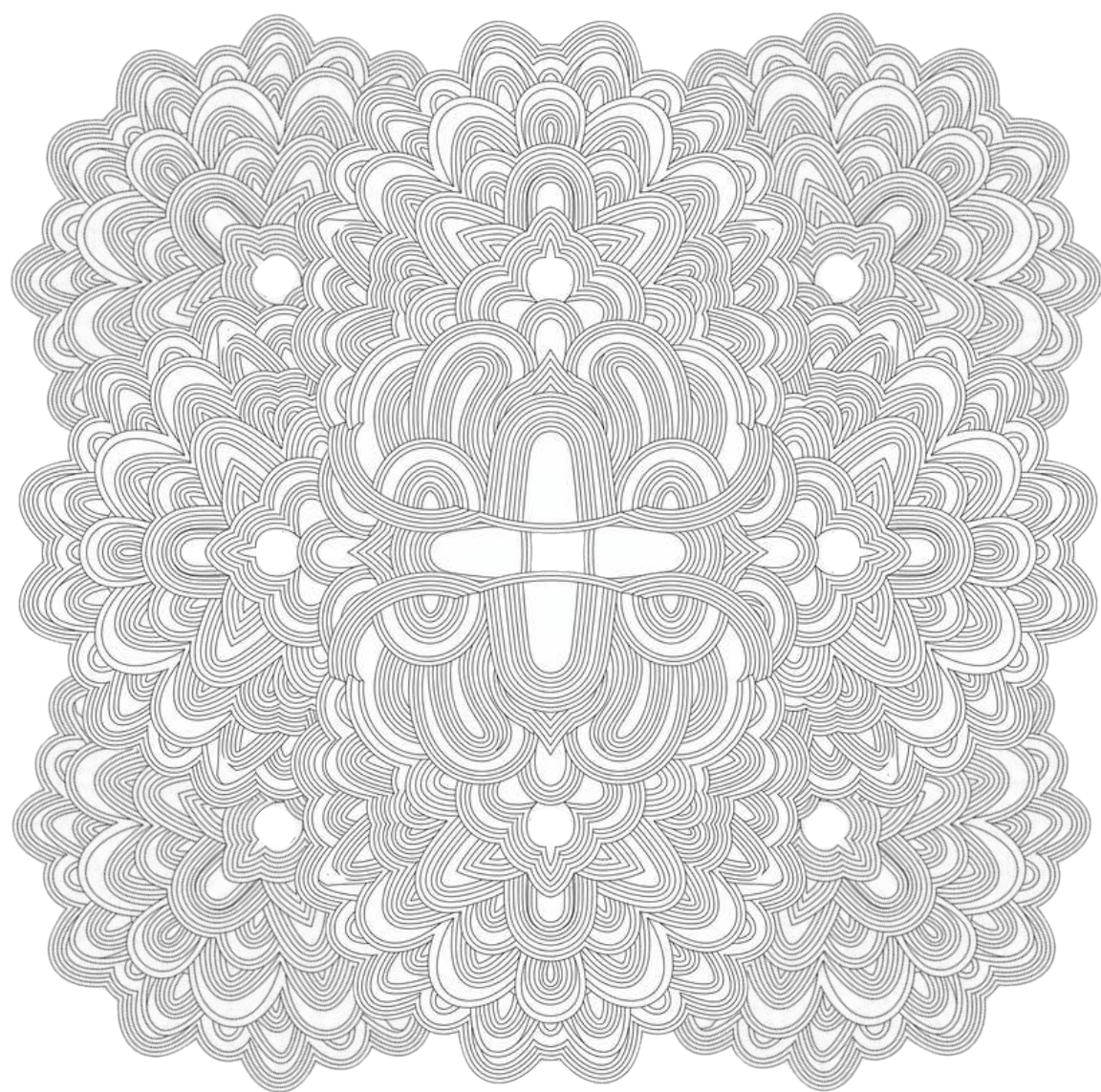
Heighten

Grasp

Engage

Revel

Explore

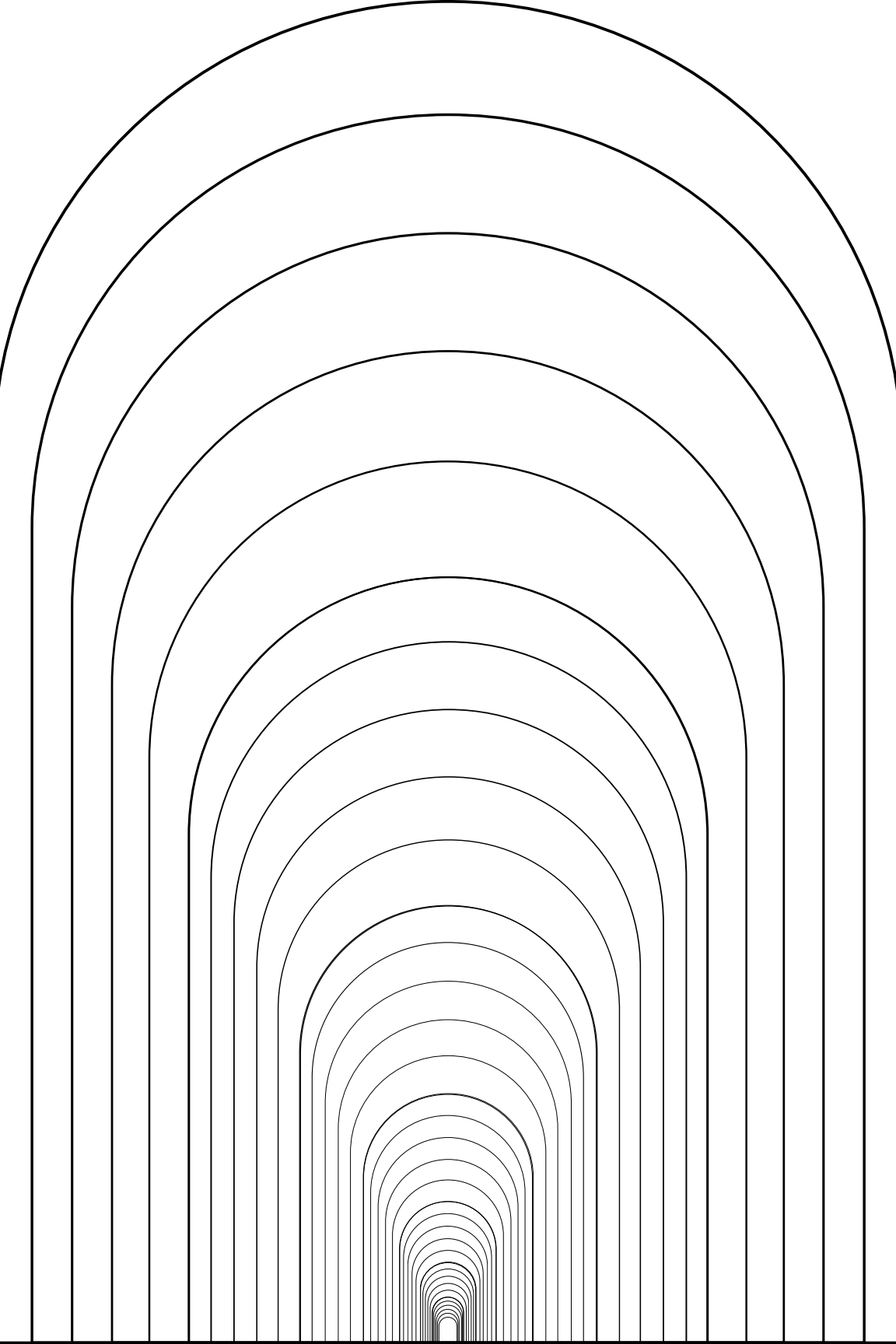


INNER PEACE

WORD SEARCH

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

- Grace
- Repose
- Comfort
- Mindful
- Serenity
- Placid
- Refresh
- Rest
- Equanimity
- Unwind
- Unruffled
- Wholeness
- Tranquility
- Clarity
- Gratitude

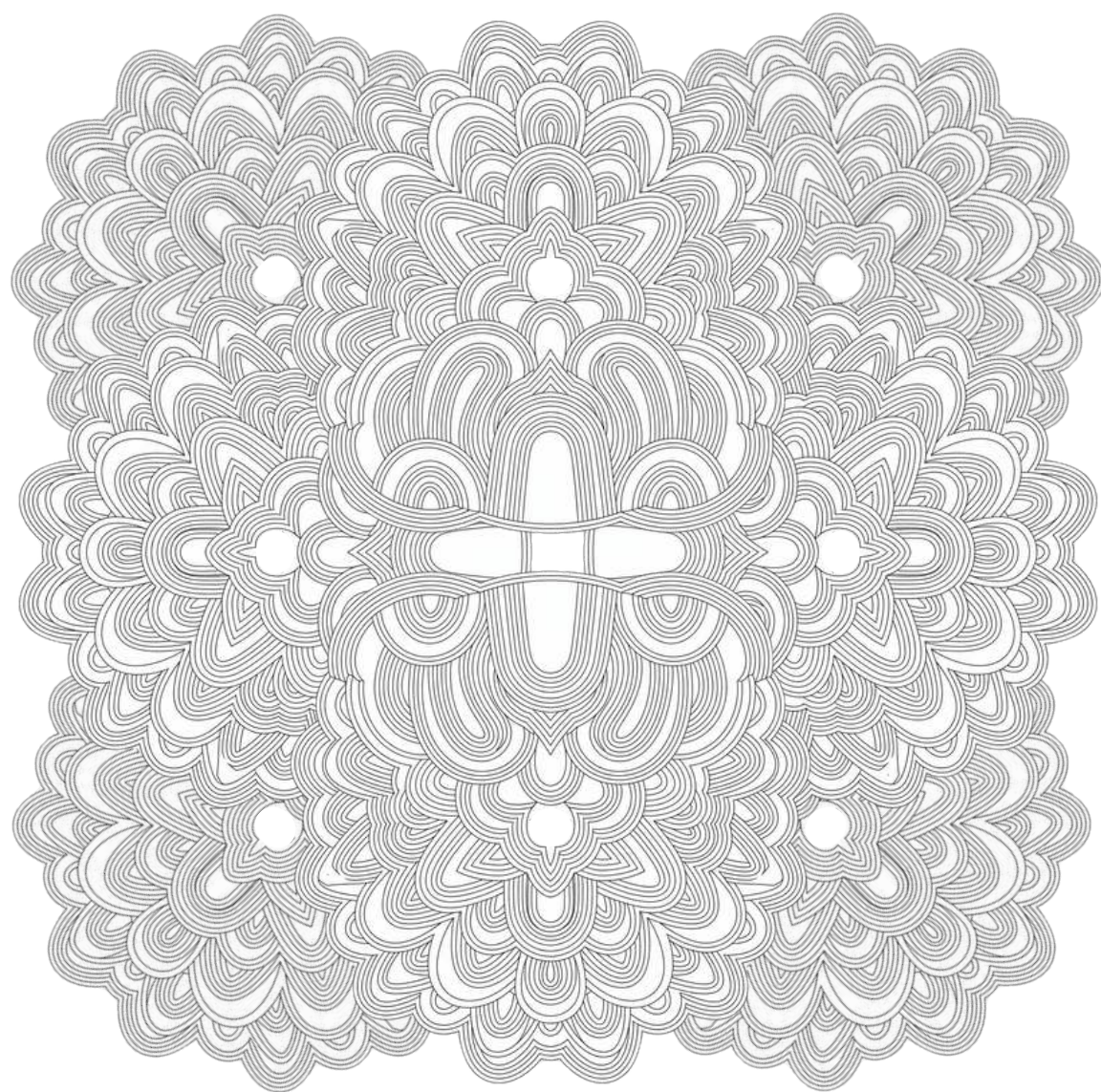


SELF-ACCEPTANCE

WORD SEARCH



- | | | | |
|----------|---------|---------|---------|
| Validate | Respect | Believe | Love |
| Honor | Cherish | Trust | Include |
| Embrace | Embody | Support | Grant |
| Value | Affirm | Welcome | |

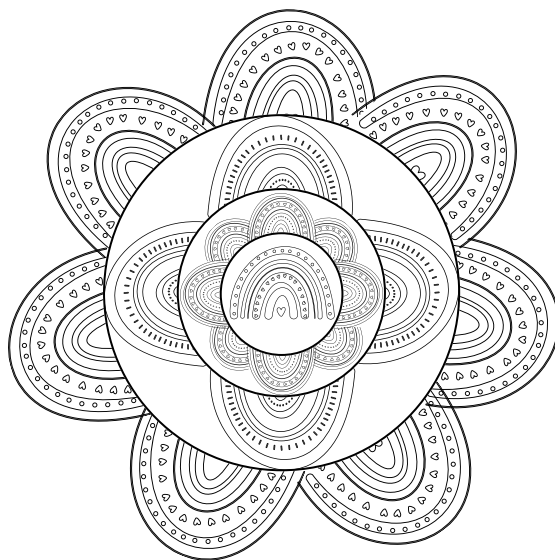
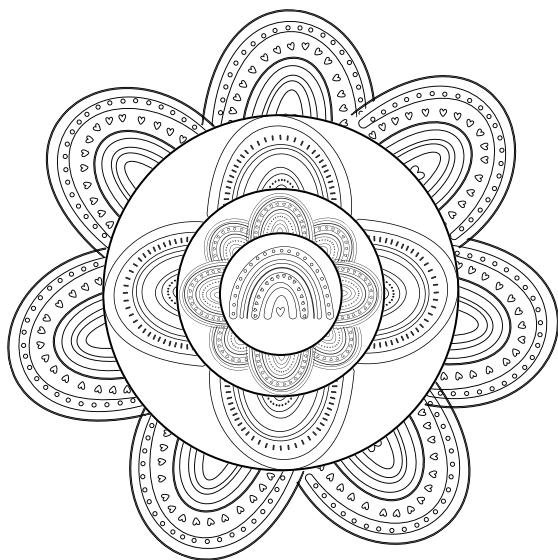
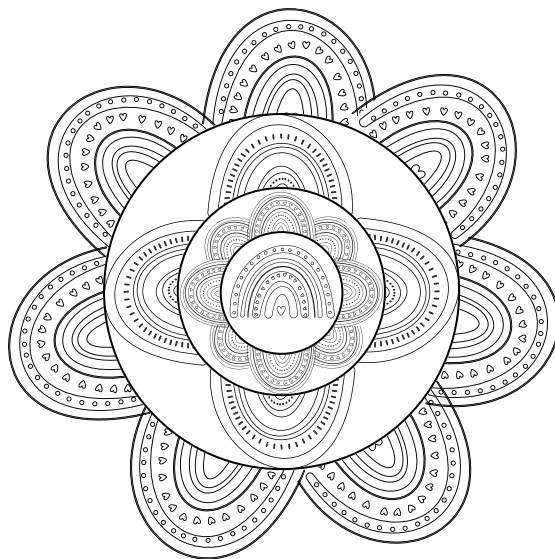
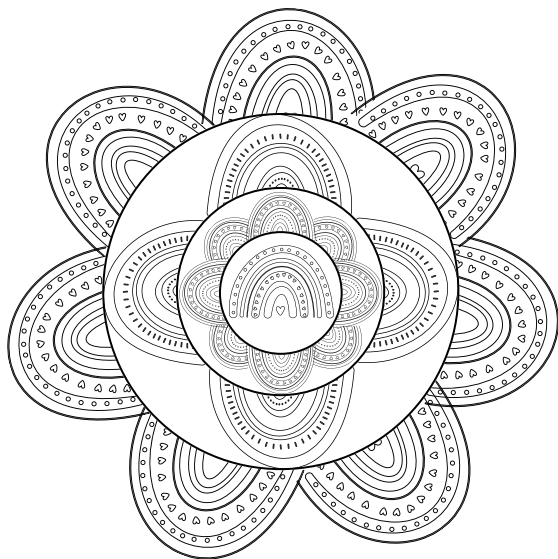
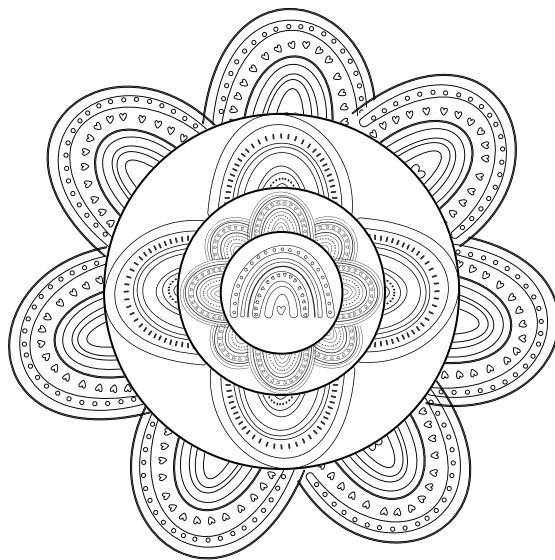
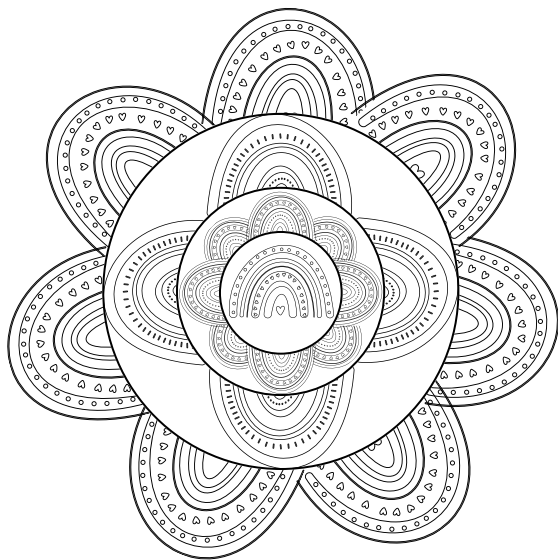


SELF-AWARENESS

WORD SEARCH

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

- | | | | |
|------------|---------------|-------------|-------------|
| Insight | Observation | Mindful | Attention |
| Conscious | Understanding | Insightful | Cognition |
| Aware | Clarity | Realization | Sensitivity |
| Perception | Recognition | Foresight | |

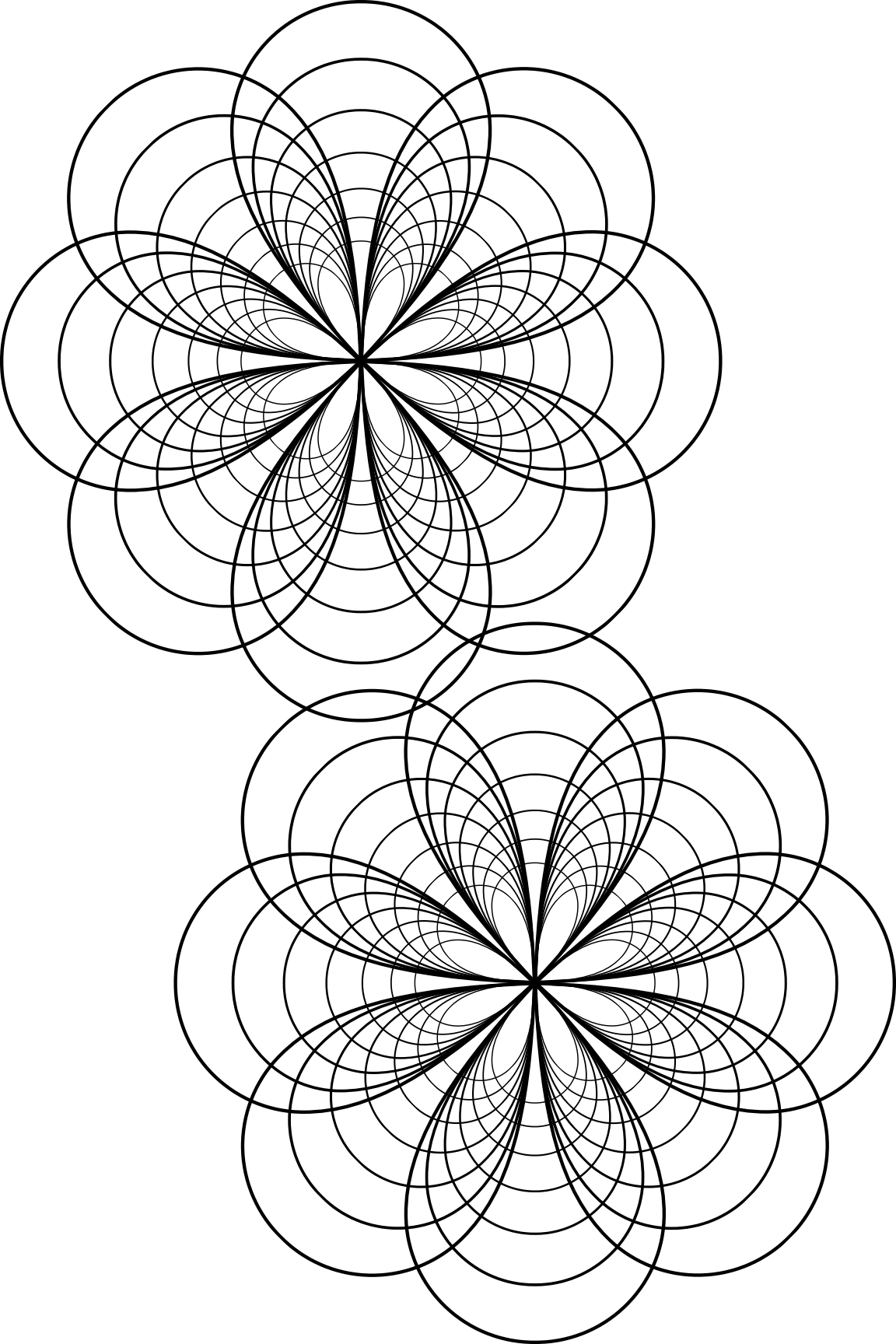


EMOTION CONTROL

WORD SEARCH

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

Control	Stability	Restraint	Steadiness
Manage	Calm	Stability	Moderation
Regulation	Composure	Coolness	Adaptability
Balance	Temperance	Poise	



ANSWER KEY

MINDFULNESS

HTA PEJUCB DUMMX
 NN SCKPNHWRGPIBI
 MHFXCKRUEOMENRRC
 VJONQEHZ FJADEE
 HYCMNMPPSVLCFAS
 JWUSHJITLEQUEUTE
 JHSYSDBPAAANULHN
 BGRATITUDECAEAO
 AWARENESSESGKBSR
 YNYAQLKEPZXSBIY
 POMEDITATTONVEM
 WRVORELAXATIONI
 EEMOTIONSDFOFCI
 QNKPLZLINSIGHTEX

GRATITUDE

HJTVZUEH IHWL LHI
 UZHAPPINESSGJBN
 MAUBTGXAIOIRPYW
 ISBSLHLSJUHAAGL
 LEDCPEAMDJBTA ML
 IRVIAORSN JXEPIN
 TERPIGNESKAGFRGZ
 YNEPBETFFJUTJOY
 BICRYYNELNULKPS
 RTOETUENEGLIIXC
 PYGCXQERJTC SNRR
 YMNIGRACESOMTDWR
 YUIAVMPWWBUETET
 GOZTEHUXUPYSNOA
 OIEEYATTITUDETN

LOVING KINDNESS

YNOYSMLZALXGWSV
 NEIPMUSPHABUNXC
 FORGTVEGAACRGBN
 TITYFPWRRTACRER
 KEWUNDESTREMECV
 NACKNOWLEDGEOPM
 DPLYJDXLQEMGNNT
 EMJMDUEYJRJLSCY
 RRWPSFWRSMYIUXE
 JESAUZVOSKFZMMJ
 VSPKRRRRLTRUISM
 LPGAIRMSAVXAPOP
 OEUNIZXTUJ IWNWT
 VCPDKGABEYXWDKH
 ETHEMPATHYBIRVB

MEDITATION

AUYLJGWCIOHNWJS
 VWSTBANSIGHTWE
 BRLRMONYWOIPMR
 ARLEZESHUZCPTWSRE
 LYEZETJ RHRWWSRE
 AYRAFNIHPEACEELI
 NKCCATLELDSJGCATY
 CWNENHSSLEGHAXY
 EGCWNONSSNARLAZ
 CFLZITUCPCYMTF
 XYADSGEIQEWSNIO
 NHRDTKORLEHLSOC
 TEIOUWBRNLSBRNU
 TUTAKDEGDNITFPS
 OOVAAQUDJNHGYAVH

STRESS BREAK

CGWLPCNYUMYWXOL
 SMTUUXAGYSZYSUE
 SLEEPDITTOOSHKHH
 BRYBEJUMGCCOAGFI
 FKSRUOREAIABRQQA
 GAZENUEDSALBVBQA
 TJCAPRLIULMIWISO
 XZUTLNUITBINEATSO
 YFLHUAUKARZESLRA
 QMAEGLJTEESKKEF
 NUUVYAXELXSJCTT
 DWGNQEPAA YQEECS
 RHVVPITTXINREHC
 TMVMUSTCKWINDBRY
 QEKTHQZDYRNVSUN

SELF-COMPASSION

YSELBJSERFIUKYI
 MIGILFGWMGXFYED
 LZLNOVQXMDWDRA
 ZNONOPWHOLENESS
 WSWEMBRACEHBAEZ
 HASOLACESORASPP
 ANNFCTWOBEHPYEC
 RCOLHERBTRCYKMM
 MTYOWMMAAPREOJP
 OUDUHBDAANYFUNIO
 NALRGRIGPONBNEW
 YROIRAIANJRUARAE
 VYASACNLTWWINWR
 KQMHCECTUHUJLOV
 PHQTEIEZAXGVFFC

RELAXATION

VBM PNECEQEETNMJ
 NUELDPOQUILGTRM
 UPLDCFLAUQUSGBE
 WELWYMABHLOIPA
 WAOJSGEBCLLOSQS
 VCWXMPPBISIRTEGE
 PECHILLNDODHRLA
 CJLUDZEJVPHEEKN
 AFULERIRECLTNEZ
 LZLQCHSWYAYSEMÜ
 MZTHYIUJINEDONN
 RESCERPERJHDEZZNW
 RNLWPZEZXPHUNXI
 JNIBLTSSJFEUTLHN
 SNZBREATHVUZBD

SENSORY

KKNKLLFPBVCVVUD
 QGTZYPIYESGFFSX
 RVUZJEMHXFFCYCI
 ZEVCCKRMRPDETFMJ
 UWVPRCENLPWNFPF
 KIZESERGO SWTFIX
 HJLZLISORZVUEHK
 REVJKVEBBAMINDA
 VEJBIETYSJSTLIB
 AKICONNECTSPIS
 TRCGMNRCEJYVICO
 TRYWHSENGAGEEERB
 UBEEQOTUSFVMSNRB
 NVBKKMEVJOLYWN
 EAWAKENNO RAKLCG

INNER PEACE

NEIWOCLARITYCGD
 UNRUFFLEDBBWBESX
 DDSRSGRATITUDEES
 RZHASGUSWDZHXFXE
 JECTRANQUILLITYR
 HZFWALWWDKTCTDE
 WRNRCHBVXYPLPN
 OEJUEBRTZJNWIJI
 LPQSFSCIQIDCPUT
 EOLMOFHHFYWOZDY
 NSSASEQUANTIMITY
 EEEVACKTVQYRFRRC
 SIWLXJOLLHEOLOO
 SZEXLFDXGSSRLYX
 KJMINDFULQTTTOAH

SELF-ACCEPTANCE

RESPECTKLJ TAXYY
 NNBYBWYJVRHONOR
 LVXCHERTSHJKDYC
 OAINCLUDELWLYQE
 VLBHJOSJBGGPSAH
 EIEMBRACECRAFAAN
 ADWUNTDTLSA FVVG
 AAHWSHLVITNAFDO
 BTRDESEQEATLIQOG
 WEDBALURVOURVOT
 ZPZDBMCPEHTEMOZ
 HKOKBCMOFNMOTDK
 KJEMBODYMOFZEB
 YOHSAJFNZBRUCZV
 JHNTTRUSTYXOCTO

SELF-AWARENESS

CSSENSITIVITYKFI
 DBYARHCLARITYCI
 UOBSERVATIONONON
 XNCGCOACVXGJSNS
 FADPVOKLCUYSUSI
 MPRECOGNITIONCG
 IETIFRECNPZPQWIIH
 NRNOFSMYAABFOT
 DCSRUDDTNDTTTKUF
 FEIEJPPAPUCISU
 UPGSAKAXNWIOYOL
 LTHIWQFKZDWCNFN
 AITGATTENTONIV
 LOTHRQOQMOQNTME
 VNCTEIVFOQHRCGYT

EMOTION CONTROL

SQCADREGULATION
 VSCADAPTABILITYYL
 GSWGCEYEMANAGEOM
 UTSURZMAVSOBOKO
 FAOVVKPTSTRAKID
 CIBBFUWETKEELGSE
 OIFFCTLRDKASAPTR
 MLCOXOABJDTNGBAA
 PLOOMONYVIRICGBBT
 OTCLNUCAZNAEPII
 SYANPTEJEIEIBOLO
 USLECBRSOSNNIIN
 RQMSYLXOLSTASTC
 ETZSULBALMTAEYF
 XXXZGOUIDHNYGEBQ

MINDFULNESS

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

GRATITUDE

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

LOVING KINDNESS

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

MEDITATION

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

STRESS BREAK

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

SELF-COMPASSION

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

RELAXATION

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

SENSORY

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

INNER PEACE

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

SELF-ACCEPTANCE

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

SELF-AWARENESS

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

EMOTION CONTROL

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