



RELAXATION ACTIVITIES

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



ART

GARDEN

PRAY

BAKE

HOBBY

READ

CALL A FRIEND

MEDITATE

SPORTS

CRAFT

MUSIC

VOLUNTEER

EXERCISE

NAP

WALK

