

Relaxation

1. ACML _____
2. IQETU _____
3. UINWND _____
4. LISTL _____
5. ZEN _____
6. PEECA _____
7. NAITLTRQIYU _____
8. ESTR _____
9. HEEBATR _____
10. REENUTVJAE _____

Relaxation

ANSWER KEY

1. ACML **CALM**
2. IQETU **QUIET**
3. UINWND **UNWIND**
4. LISTL **STILL**
5. ZEN **ZEN**
6. PEECA **PEACE**
7. NAITLTRQIYU **TRANQUILITY**
8. ESTR **REST**
9. HEEBATR **BREATHE**
10. REENUTVJAE **REJUVENATE**