



Name _____

Instructional Use Word Search

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

Calm yourself
 Brace himself
 Steady herself
 Control itself
 Balance ourselves

Relax yourselves
 Focus themselves
 Hold myself
 Stop yourself
 Center himself

Ease herself
 Still itself
 Ready ourselves
 Align yourselves
 Guard themselves

