

HAPPY HOUR

AQA
Part 7



Find at least 5 distraction methods for someone struggling with their emotions...

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

HAPPY HOUR

AQA Part 8



Identify 3 online resources for people dealing with negative emotions