HALLOWEEN WORD SEARCH

YPAS

Young Person's Advisory Service

WORD SEARCH

T S C H Q R J L Z G J K Y V P

W D X C S E E E R I E V K M A

Y B P T O T B O N D A F O F B

E S D I W S U A Q T V T O D R

E T S W Y N U A L T N S P S E

H S S B D O T U Y A S L S R A

S O E I Q M P Z H G N E C C T

Z H N V X F B P F P N C R L H

I G E D N I W N U L U I E G E

W K R G Y Q Q J U A G L P R M

I I A H E U S F G A D F I O Q

T O W G P Y D D L N J P M I C

U A A B U N T V A Q M H R C G

P U Z K I L S C V A I H S U N

P U K M H M G R V J N J I E I

CAN YOU FIND THESE WORDS?

GHOSTS	PHANTOM	COPING	REST
SPOOKY	MONSTER	BREATHE	AWARENESS
VAMPIRE	CANDLE	MINDFULNESS	UNWIND
WITCH	ERIE	BALANCE	GROUNDING

Ghosts - Gentle reminders of things we can let go of.

Spooky - Acknowledging the creepy feelings without judgment.

Vampire - Identifying boundaries with energy-draining things.

Witch - Tapping into your own inner magic and strength.

Phantom - Looking past the illusions of self-doubt.

Monster - Confronting scary thoughts directly.

Candle - Finding a flicker of warm light in the darkness.

Erie - Embracing moments of quiet stillness.

Coping - Managing life's stressors with healthy strategies.

Breathe - Pausing to take a deep, grounding breath.

Mindfulness - Staying present in the current moment.

Balance - Creating harmony between rest and routine.

Rest - Giving your mind and body permission to recharge.

Unwind - Releasing physical and mental tension.

Awareness - Tuning in to how you genuinely feel.

Grounding - Connecting to the physical world to quiet anxiety.

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