



# SANCTUARY

W	O	R	D		
S	E	A	R	C	H

EASY

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

Adversity  
Attachment  
Change  
Communication

Democracy  
Emotion  
Empathy  
Future

Growth  
Learning  
Nonviolence  
Responsibility

Safety  
Sanctuary  
Selfcare  
Social



**What do these words mean for you?**

**How do you show the commitments?**

Growth and Change:

Open Communication:

Democracy:



Nonviolence:

Emotional Intelligence:

Social Learning and Social responsibility:

**What does looking after yourself look like?**

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NORMAL

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

ADVERSITY  
 ANGLICARE  
 ATTACHMENT  
 CHANGE  
 COMMUNICATION  
 COMMUNITY  
 DEVELOPMENT

EMOTION  
 EMPATHY  
 FUTURE  
 GROWTH  
 INTELLIGENCE  
 MEETING  
 MINDFULNESS

NONVIOLENCE  
 ORGANISATION  
 REGULATION  
 RELATIONSHIPS  
 RESILIENCE  
 RESPONSIBILITY  
 SANCTUARY

SELFCARE  
 SOCIAL  
 SUPERVISION  
 TEAM  
 THERAPEUTIC  
 TRAINING  
 TRAUMA



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**HARD**

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

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