

Coping with my Feelings

Across

4. Sad because something you expected didn't happen.

8. Experiencing pleasure or joy

10. Feeling ease and without worries, calm

11. Wanting what someone else has

12. ... a book

14. Ask for...

16. Listen to...

17. Write in a...

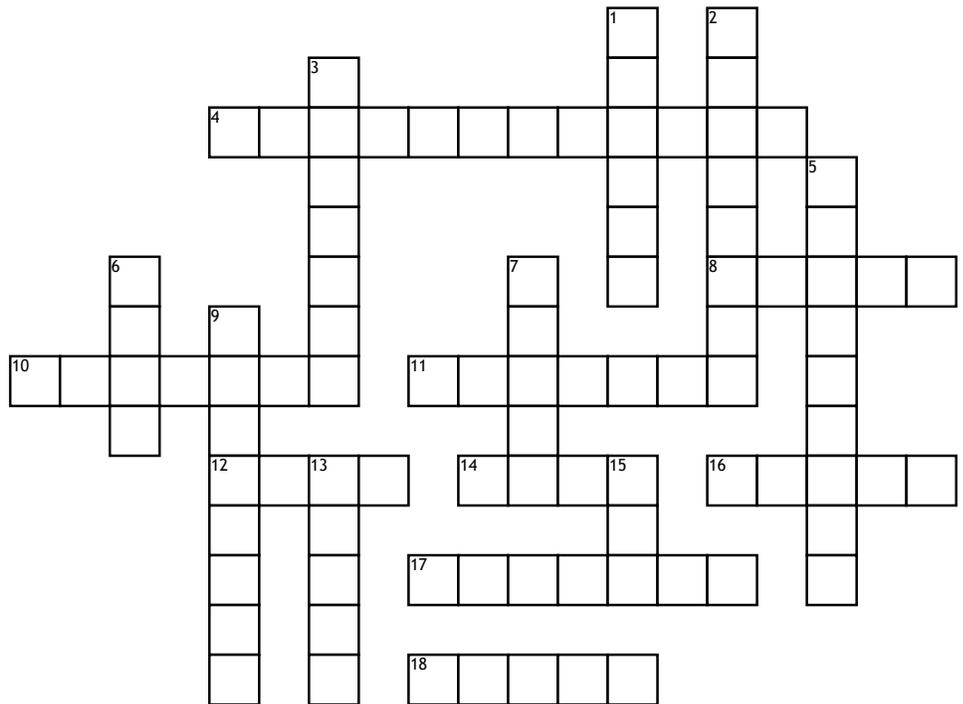
18. Pleased with something you have done

Down

1. Feeling alone

2. Take deep...

3. Feeling bad after doing wrong



5. Feeling sad, discouraged, unhappy

6. ... to someone

7. Ask to _____ the situation.

9. Doing physical activity

13. Very upset

15. Take a...

