

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# 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...

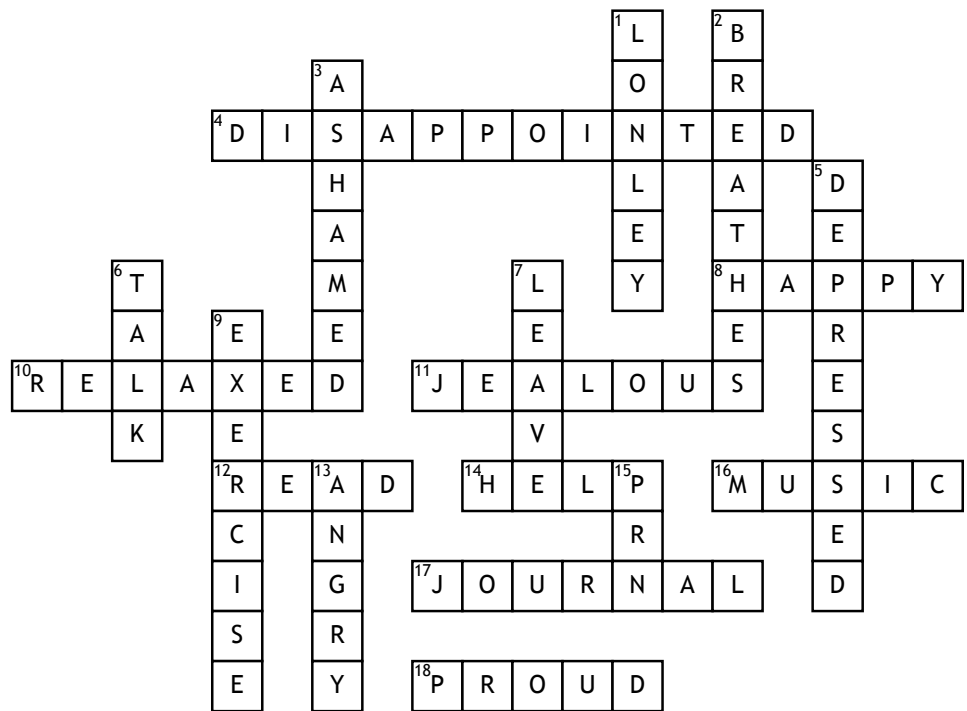
18. Pleased with something you have done

## 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...

