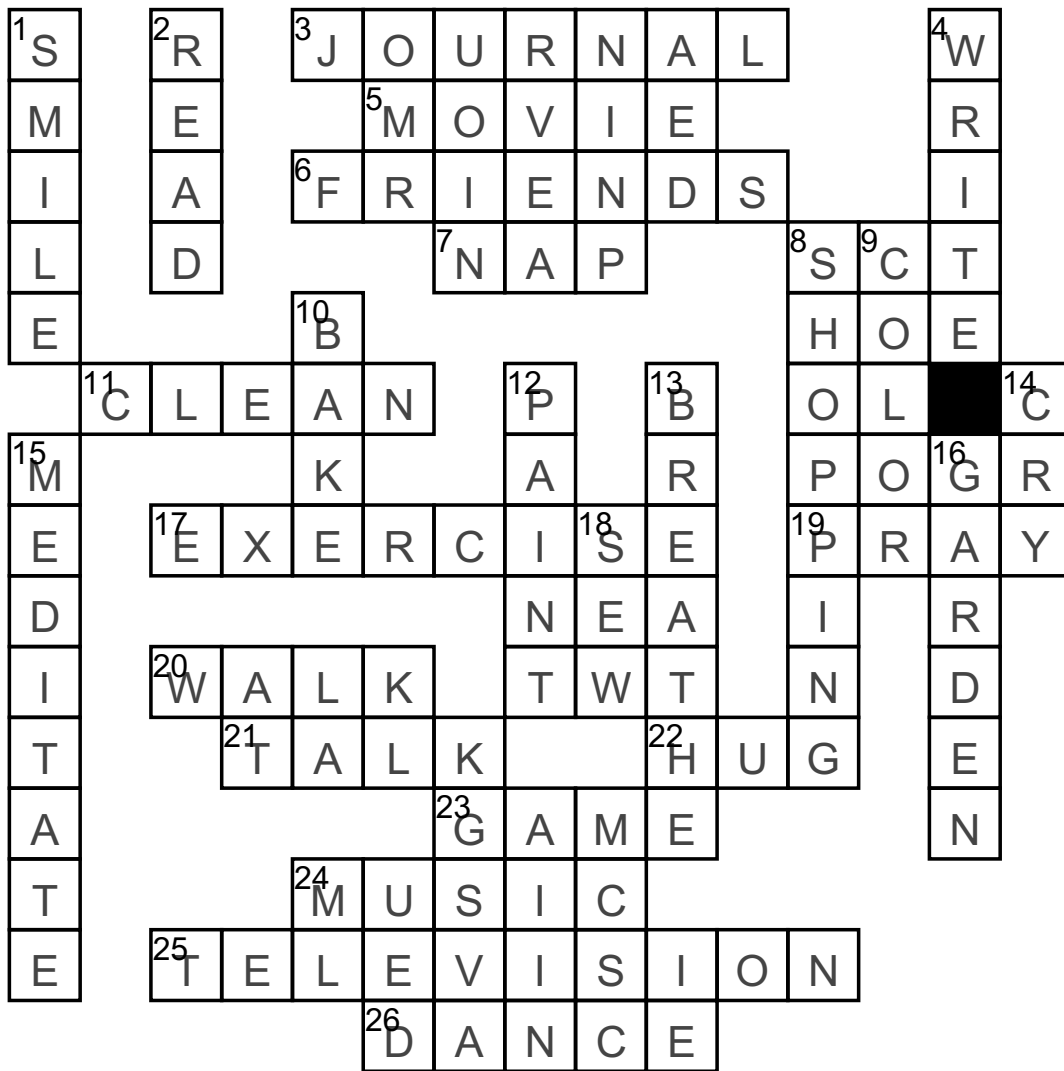


coping Skills



Across

- 3. You can write your thoughts in this place
- 5. You go to the theater to watch this
- 6. Not your family
- 7. When you are sleepy in the middle of the day during the summer you take a
- 11. When your room is messy you need it _____ it
- 17. Something you do to get your mind and body active; to stay healthy
- 19. you do this at church, when your are in trouble and just before you eat
- 20. You use your legs to do this
- 21. When words come out of your mouth
- 22. When someone is crying that you care about you may want to give them a
- 23. Sometimes you just need to play a fun board
- 24. You use your ear buds to listen to
- 25. You watch this after you finish your homework and before bed time
- 26. Beyonce can sing and

Down

- 1. It takes less muscles in your face to do this; opposite of frown
- 2. You need a book to do this activity
- 4. Please _____ your name at the top of the paper.
- 8. You need money to go to the mall and do this activity
- 9. Your learn how to do this inside the lines on your paper when your are little
- 10. You _____ a cake in the oven
- 12. an artist likes to
- 13. inhale then exhale
- 14. Some times you do this when you are mad, sad or even happy
- 15. when you sit in a quiet place by yourself to focus on calming down
- 16. you go outside and plant a
- 18. You can do this with your hands or a machine to make clothes