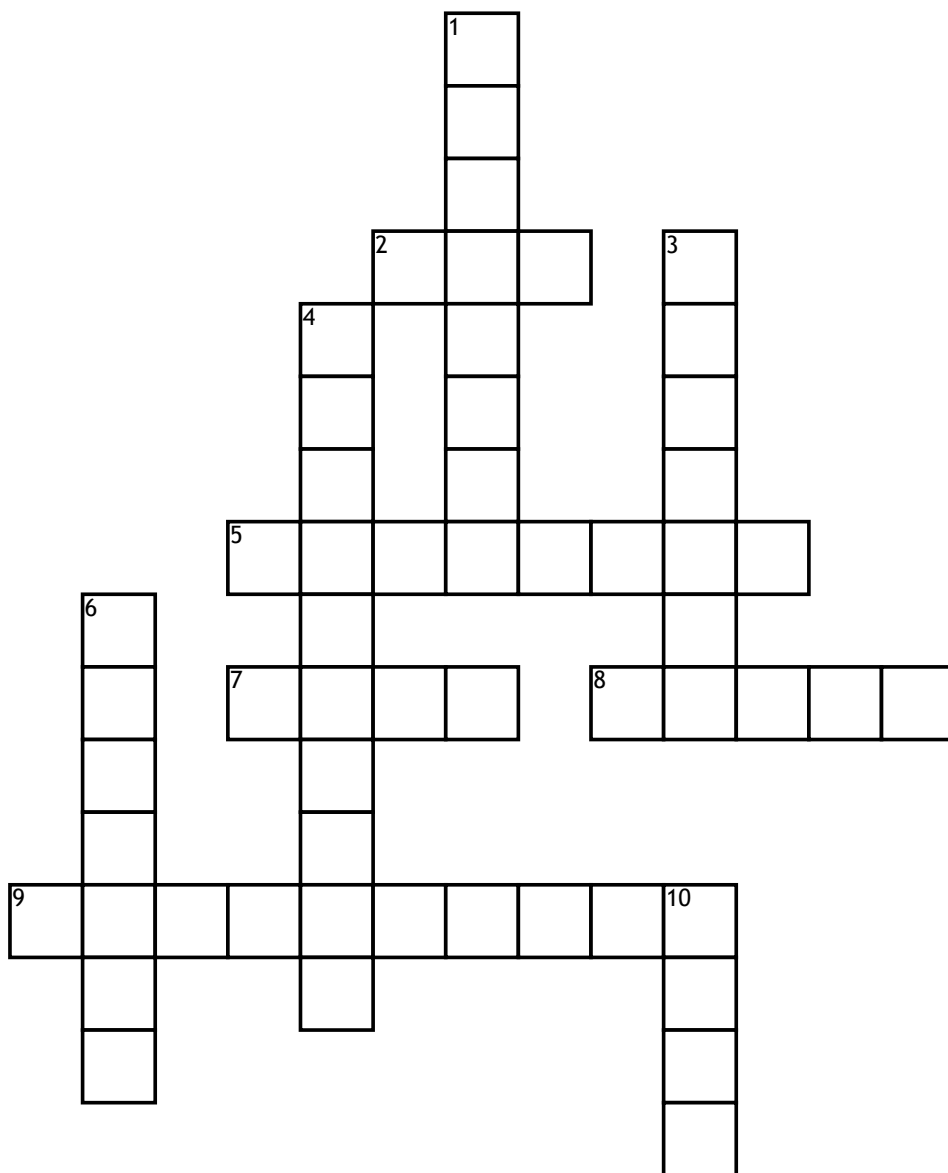


Name: \_\_\_\_\_

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

# Stress Relief



## Across

- 2. A soft animal you can pet
- 5. Done when something is funny and can make you feel better
- 7. To share thoughts to someone who will listen
- 8. To maintain your health you should get at least 8 hours of this every night
- 9. Something you can do by yourself or with friends

## Down

- 1. An activity that involves crayons, markers or colored pencils
- 3. Write thoughts in a \_\_\_\_\_
- 4. Taking time for yourself to enjoy the things you like
- 6. An activity that involves a book
- 10. What you can become if you aren't getting enough sleep and are stressed