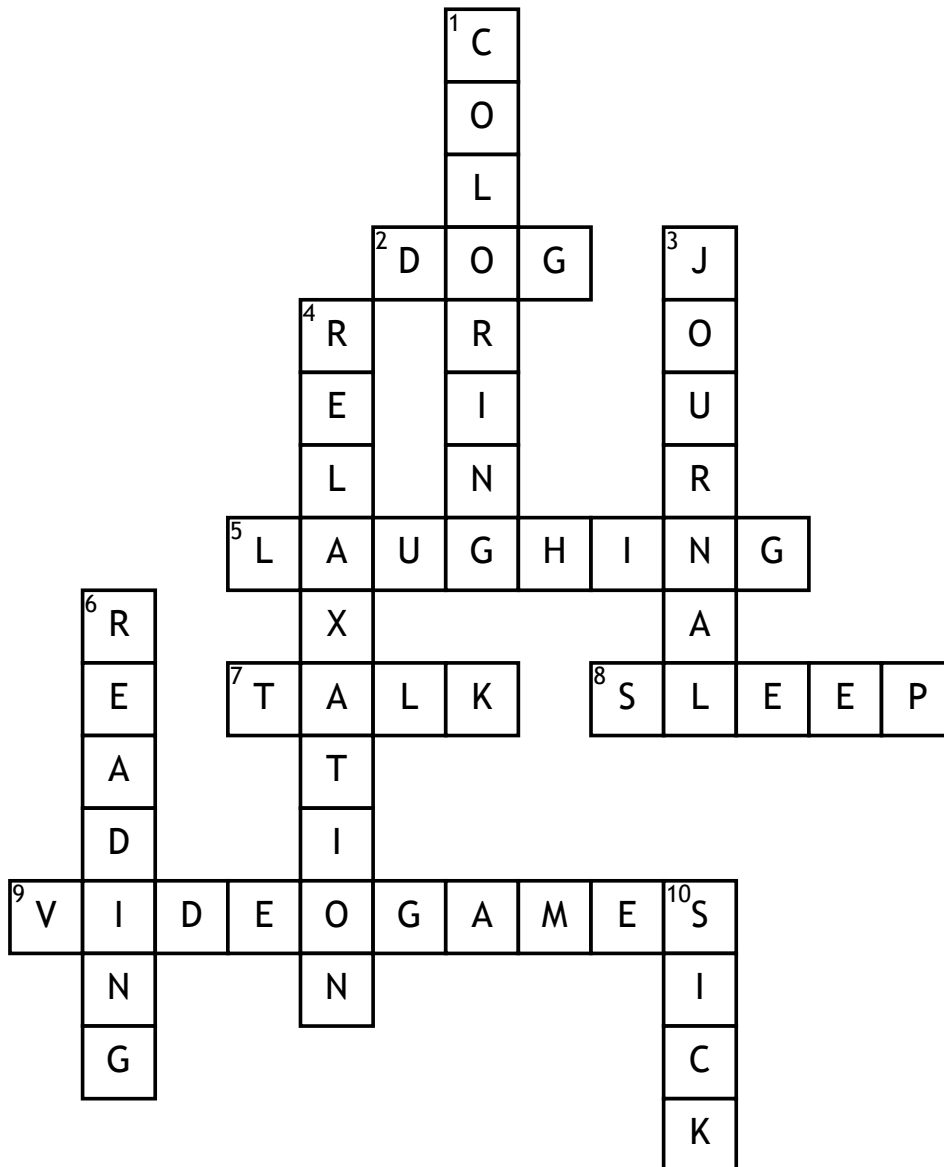


Name: _____

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