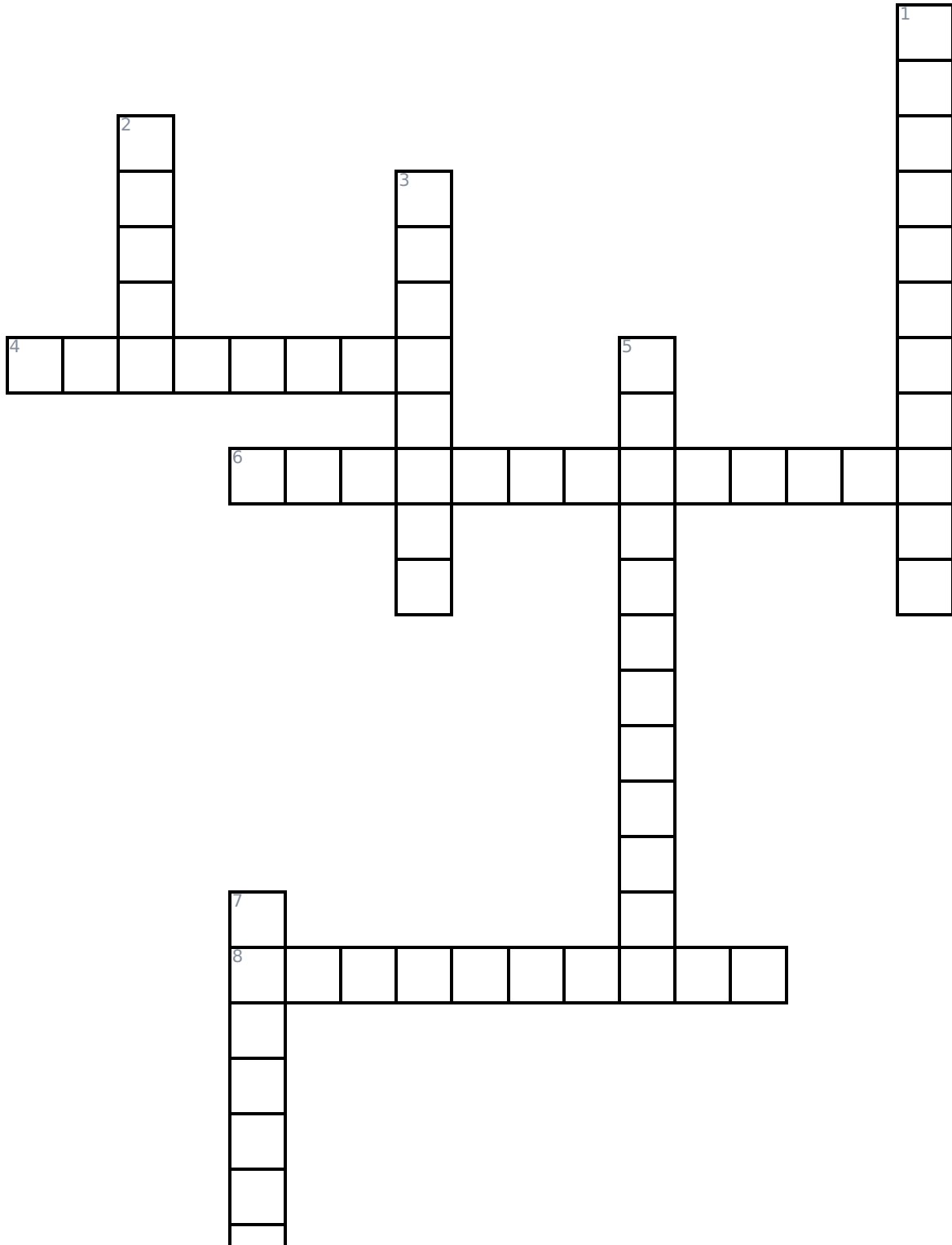
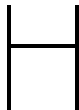


## Exploring Emotions: Criss Cross

Answer clues based on the content and vocabulary words from words from Exploring Emotions. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.





## Across

4. \_\_\_ memories bring people joy.
6. Sometimes we can feel \_\_\_ in new situations.
8. There was such \_\_\_ around planning for the family vacation.

## Down

- 1. A way of improving your mental state that involves paying close attention to everything that you are experiencing, especially during quiet meditation.
- 2. Take \_\_\_ in your accomplishments!
- 3. Strong human feelings such as love, hate, or anger.
- 5. Determination to keep trying to achieve something in spite of difficulties.
- 7. Emotions that you experience such as happiness, sadness, or grief.

## Word Bank

EMOTIONS  
PERSEVERANCE

MINDFULNESS  
PRIDE

FEELINGS  
UNCOMFORTABLE

EXCITEMENT  
PLEASANT

# Answer Key

