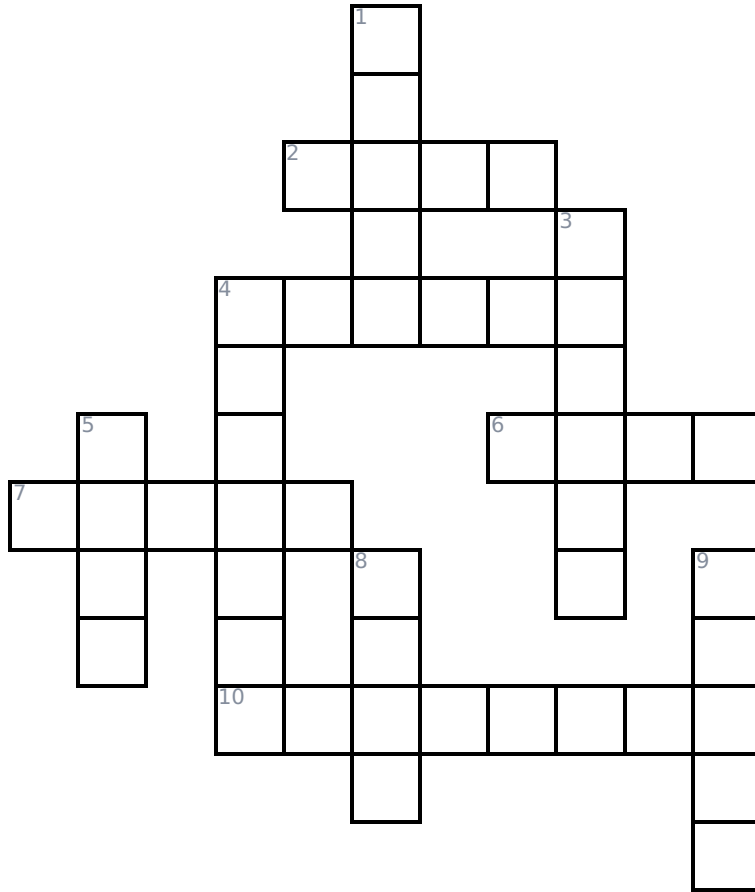


What to Do When You Worry Too Much: Criss Cross

Answer clues based on the content and vocabulary words from What to Do When You Worry Too Much. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



Across

2. To beat the worries, stay strong in your body and your ___.
4. Being ___ and playful can sometimes help make you feel normal on the inside.
6. Sometimes worrying can make your ___ feel bad.
7. ___ is knowing that even if something a little bad happens, you can get through it.
10. Talking back to your worry bully will make you ___ and the worry weaker.

Down

- 1. Tensing and relaxing your muscles is a ___ way to make your brain and body feel better.
- 3. Thinking of a special ___ that makes you feel good can help you keep the worries away.
- 4. People who worry a lot are said to be nervous or ___.
- 5. You can ___ worries up in a strong box in your mind.
- 8. Fighting worries is ___ work at the start.
- 9. ___ Time is the time to say whatever you want about your worries without anything interrupting.

Word Bank

HARD
WORRY
MEMORY

ANXIOUS
STRONGER
LOCK

BODY
ACTIVE
MIND

LOGIC
QUIET

