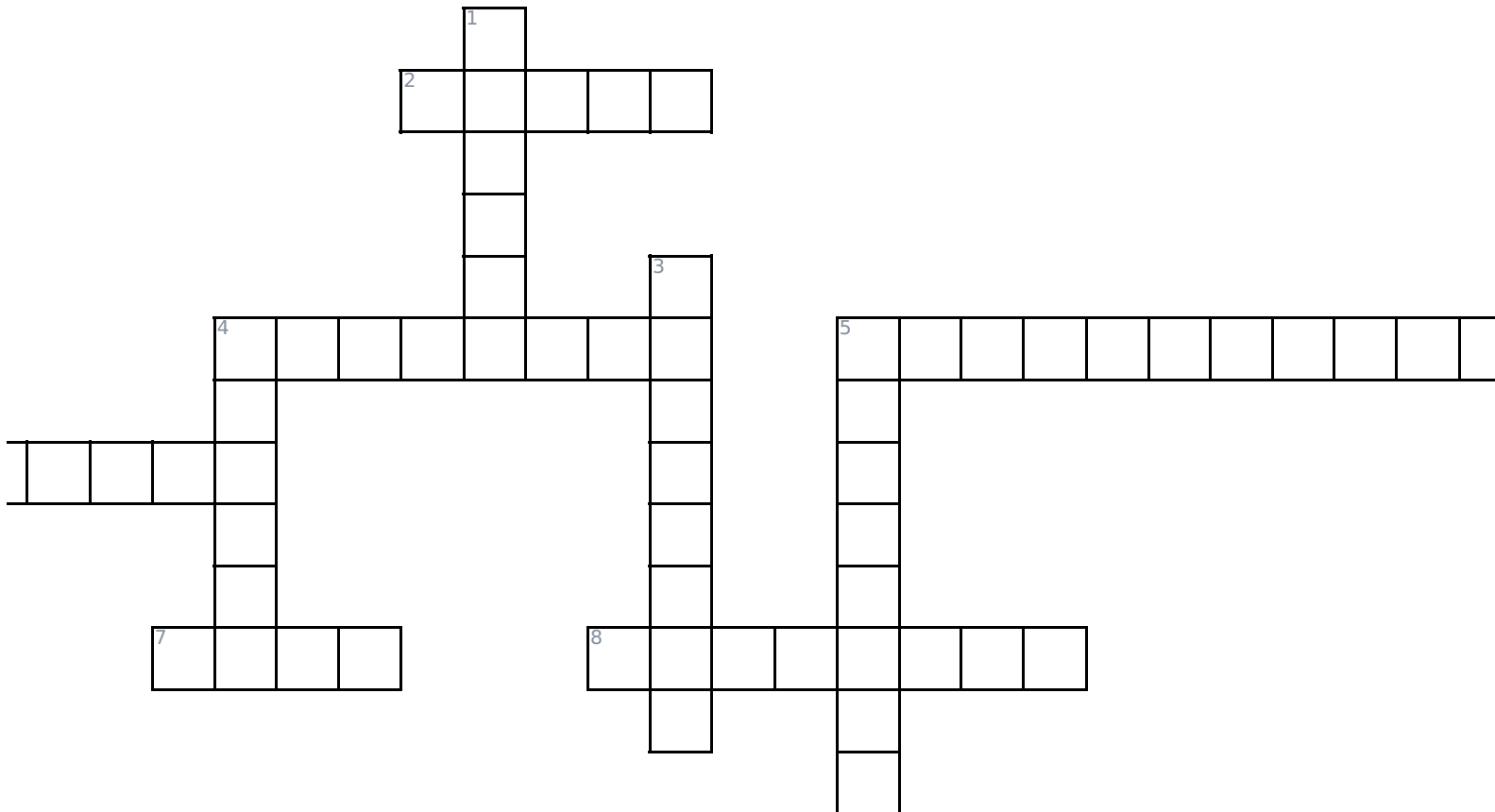


## A World of Pausabilities: Criss Cross

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



## Across

2. Your feelings are not right or \_\_\_\_, pausing can help you feel better.
4. You can take a pause \_\_\_\_, like in your room, at school or on a bus.
5. A \_\_\_\_ is taking a pause just for you, to stop and notice what you feel, think and do.
6. Some pauses are \_\_\_\_ like taking a deep breath, slowing down and turning off electronics.
7. Someone you love can \_\_\_\_ you take a pause and give you a hug.
8. Sometimes a pause can be used to help when you have bad \_\_\_\_.

## Down

- 1. One way to pause is to take a deep \_\_\_\_.
- 3. Sometimes a pause can help you \_\_\_\_ an activity better in the future.
- 4. Some pauses are \_\_\_\_ like walking, drawing, painting or wiggling your toes.
- 5. Learning to take a pause, sometimes takes \_\_\_\_.

## Word Bank

PAUSABILITY  
FEELINGS  
WRONG

PRACTICE  
REMEMBER  
BREATH

QUIET  
HELP

ACTIVE  
ANYWHERE

# Answer Key

