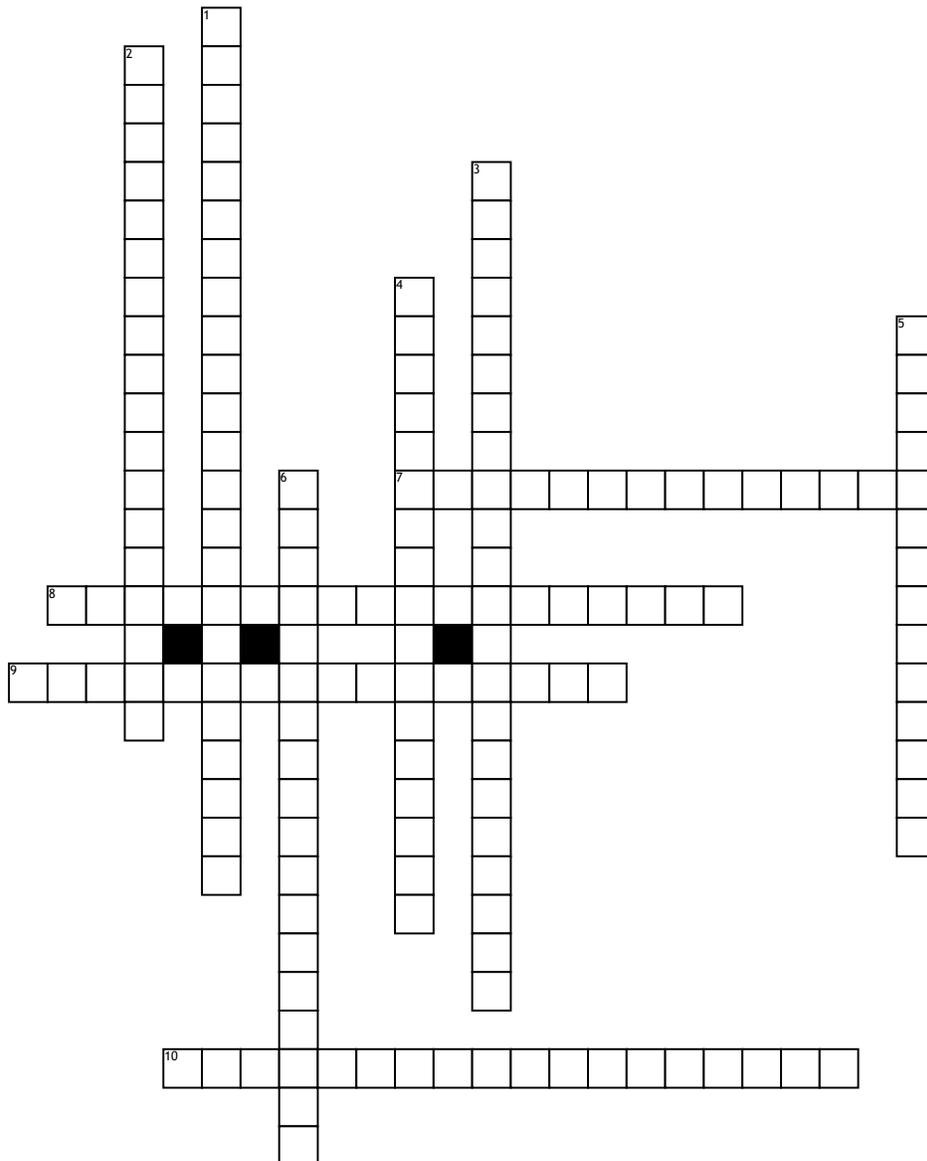


Name: _____

Date: _____

Buzz Words



Across

7. Make the right choice with your actions and behaviors, ask this will help others do the same

8. What drives your body, mind, and behaviors based on morals, values, and gut instincts

9. Ask for help and allow someone to help you when you feel overwhelmed, sad, frustrated, energetic, etc

10. Own your actions, express what happened in full including your thought process, be 100% honest

Down

1. if a conflict arises and another person is hurt (emotionally, physically, mentally), take accountability for your actions and apologize for the impact your actions had

2. What drives your mind, body, and behaviors based on others' thoughts of you, what society expects of you, what is "normal"

3. Talking through what emotions you are feeling in that moment, being open and honest no matter the impact

4. Use tangible and/or mindful tools/activities to regulate back to baseline

5. After making a request or asking a question, handle the response with a mature, positive/neutral affect

6. Learn to read your body and mind, and allow it space and time to regulate and return to baseline