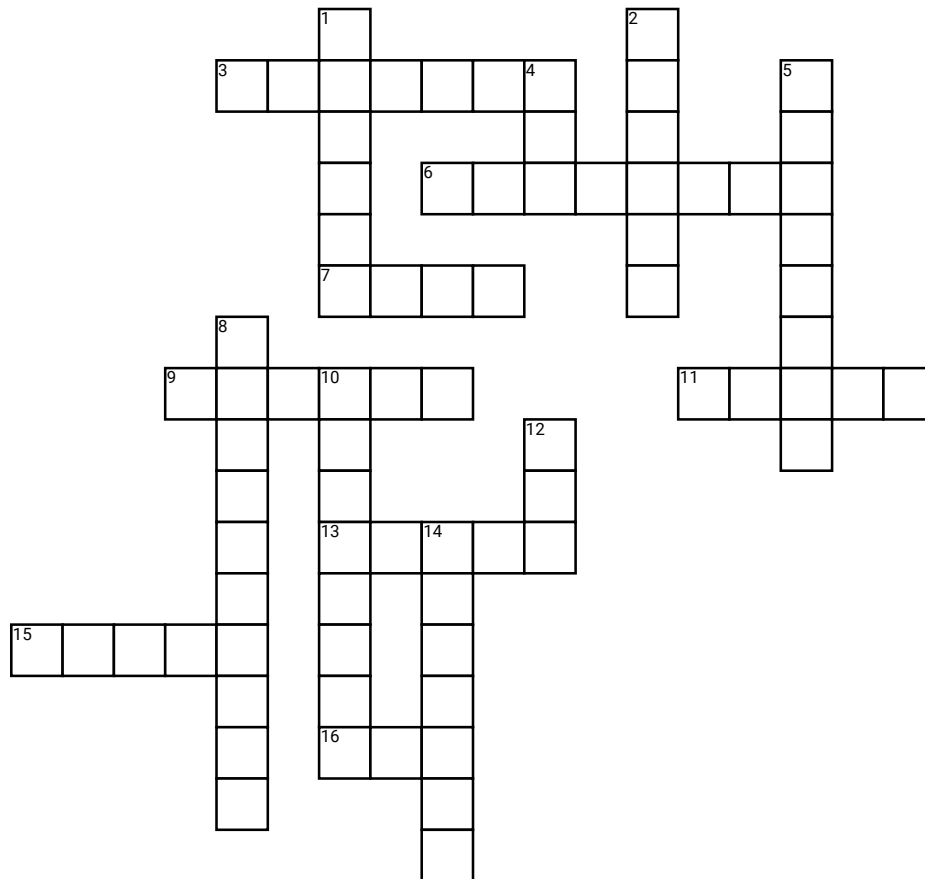


Name: _____

Date: _____

LASER



Across

- 3. I feel this when I have butterflies
- 6. being calm and focus on breathing
- 7. Energetic poses and exercises that can relax and calm you
- 9. someone I like to play with is a?
- 11. When I hit the red zone I am feeling?

Word Bank

- | | | | | | |
|----------|--------|----------|---------|-------|------------|
| feelings | friend | yoga | respect | red | frightened |
| nervous | sad | meditate | grumpy | tired | listen |
| emotions | angry | see | smile | | |

13. I am this when I do not sleep well

15. when I am happy my mouth does this

16. I use my eyes to?

Down

1. another word for irritable is gr....

2. I use my ears to ?

4. when I lose my toy I feel

5. sad happy scared are all

8. When something spooks or scares me I feel?

10. surprised, excited and grumpy are words we call?

12. the colour of my cheeks when I get angry

14. caring for people, places and things