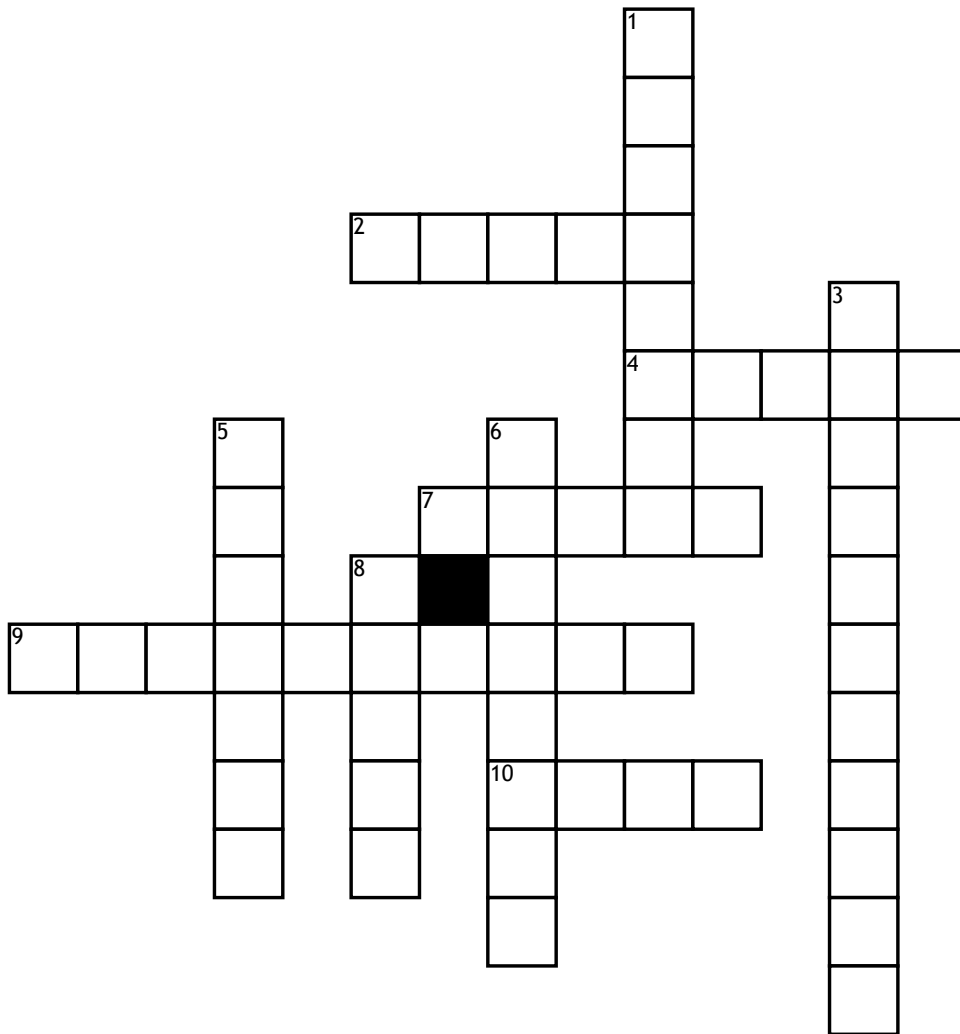


Name: _____

Date: _____

Thoughts, Feelings and Behaviours



Across

- 2. The helpful behaviour you are doing when you face your worries
- 4. A behaviour you might do when you are worried that involves conflict/shouting
- 7. Something your body might do when you are worried that also happens when you are cold
- 9. Actions you might do when you feel worried
- 10. The unhelpful behaviour you might do when you avoid your worry

Down

- 1. A silent behaviour you might do when you are worried
- 3. The fluttery feeling in your stomach when you are worried
- 5. A behaviour you might do when you are worried that involves quickly moving away from the worry
- 6. What you think while you are feeling worried
- 8. A way you can feel worry in your body, that makes it feel like the room is spinning

Word Bank

hide Dizzy Thoughts Behaviours Butterflies
argue Shake fight Won't talk Run away