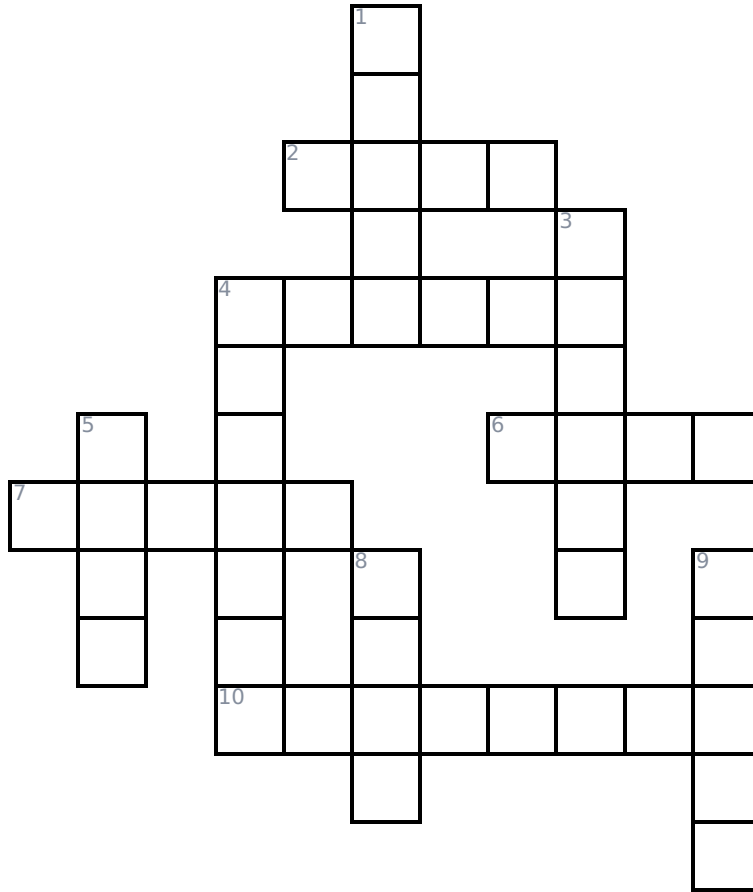


## What to Do When You Worry Too Much: Criss Cross

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

# Answer Key

