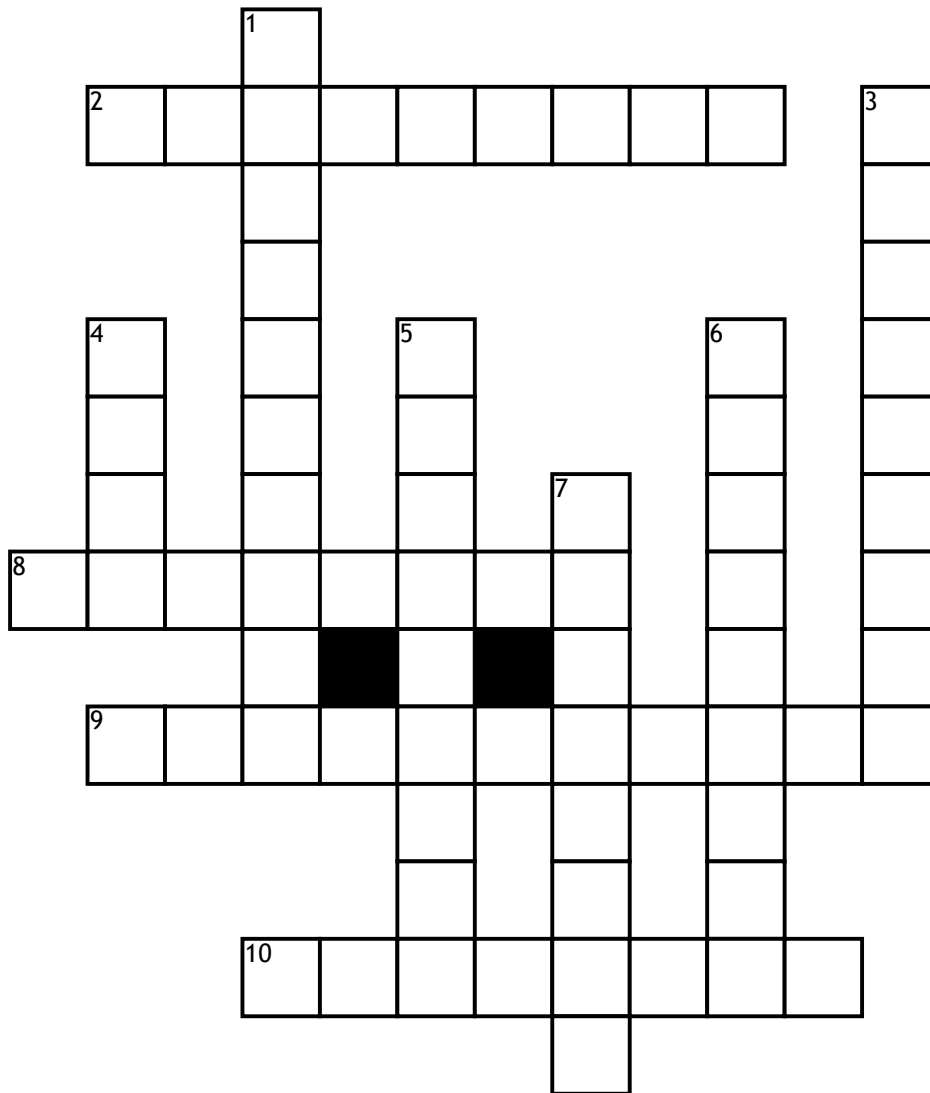


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Being Resilient



## Across

- 2. thinking ahead
- 8. being able to think of the good that can happen; remaining
- 9. ability to "go with the flow"
- 10. Your actions/behavior during a challenge

## Down

- 1. Be Flexible

- 3. a state of hardship or misfortune
- 4. a person who is resilient in the face of danger
- 5. being able to bounce back from adversity
- 6. prepared
- 7. mindful thought in a quiet space