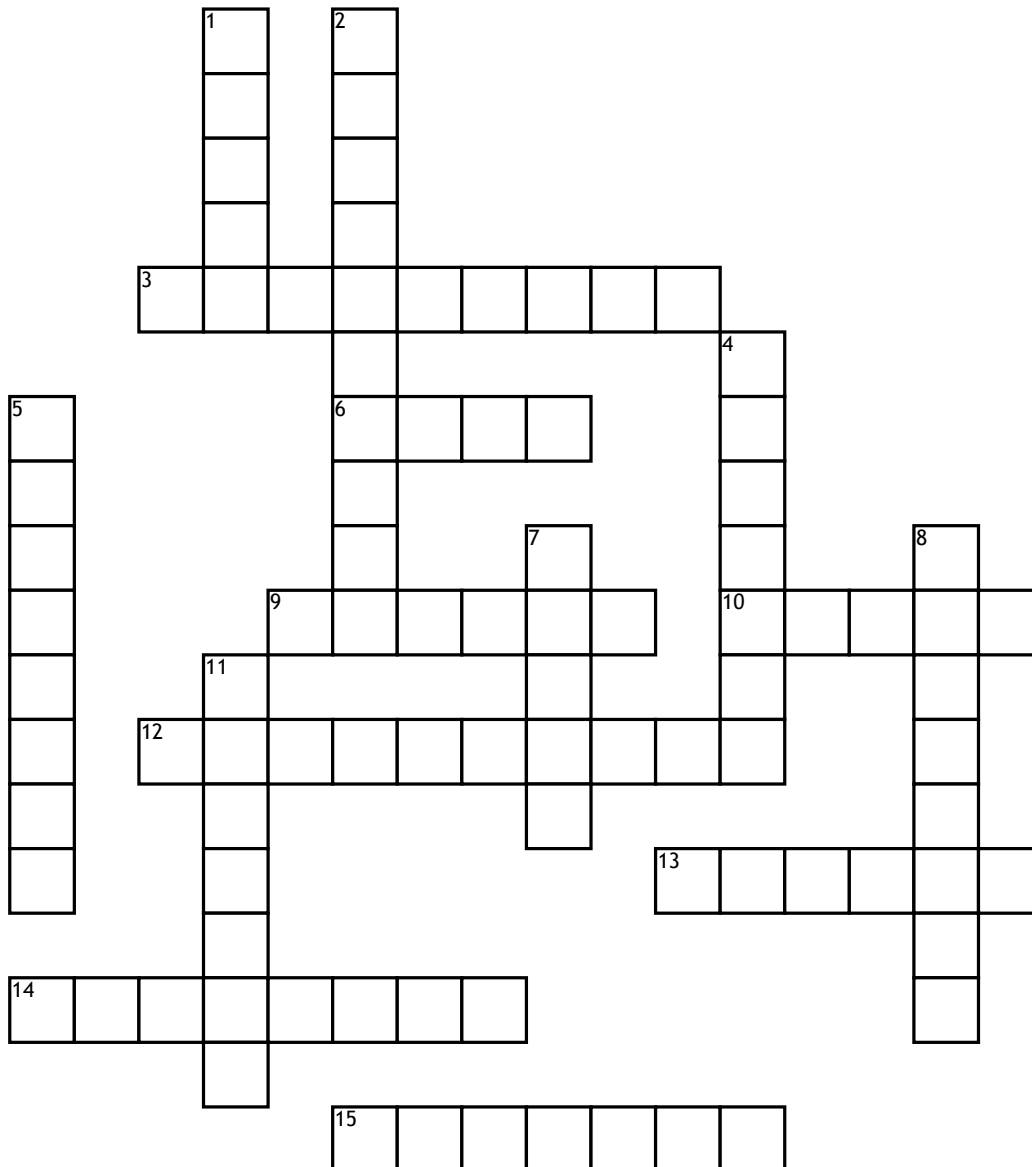


Guidance Escape Room 2



Across

3. This is 1 of 3 calming techniques that can be used anytime and anywhere *involves your lungs
6. This is the first step when calming down
9. Bullying is
10. There are this many steps when using the calming down method
12. Bullying has to happen _____ *another way to say more than once/over and over again

13. This type of bullying occurs when someone says something about you repeatedly
14. This is 1 of 3 calming down techniques that can be done anytime and anywhere *helps to distract your mind
15. This is an uncomfortable feeling, it often causes you to worry about something that may or may not happen

Down

1. This type of bullying involves the use of electronic technology
2. Means empathy in action

4. What word means to try and understand how someone else is feeling?
5. An example of this type of bullying is someone destroying your personal items
7. Bullying has to be one _____
8. This is 1 of 3 calming techniques that can be used anytime and anywhere *has to be positive in order to work
11. The second step when using the calm down method *Name Your _____