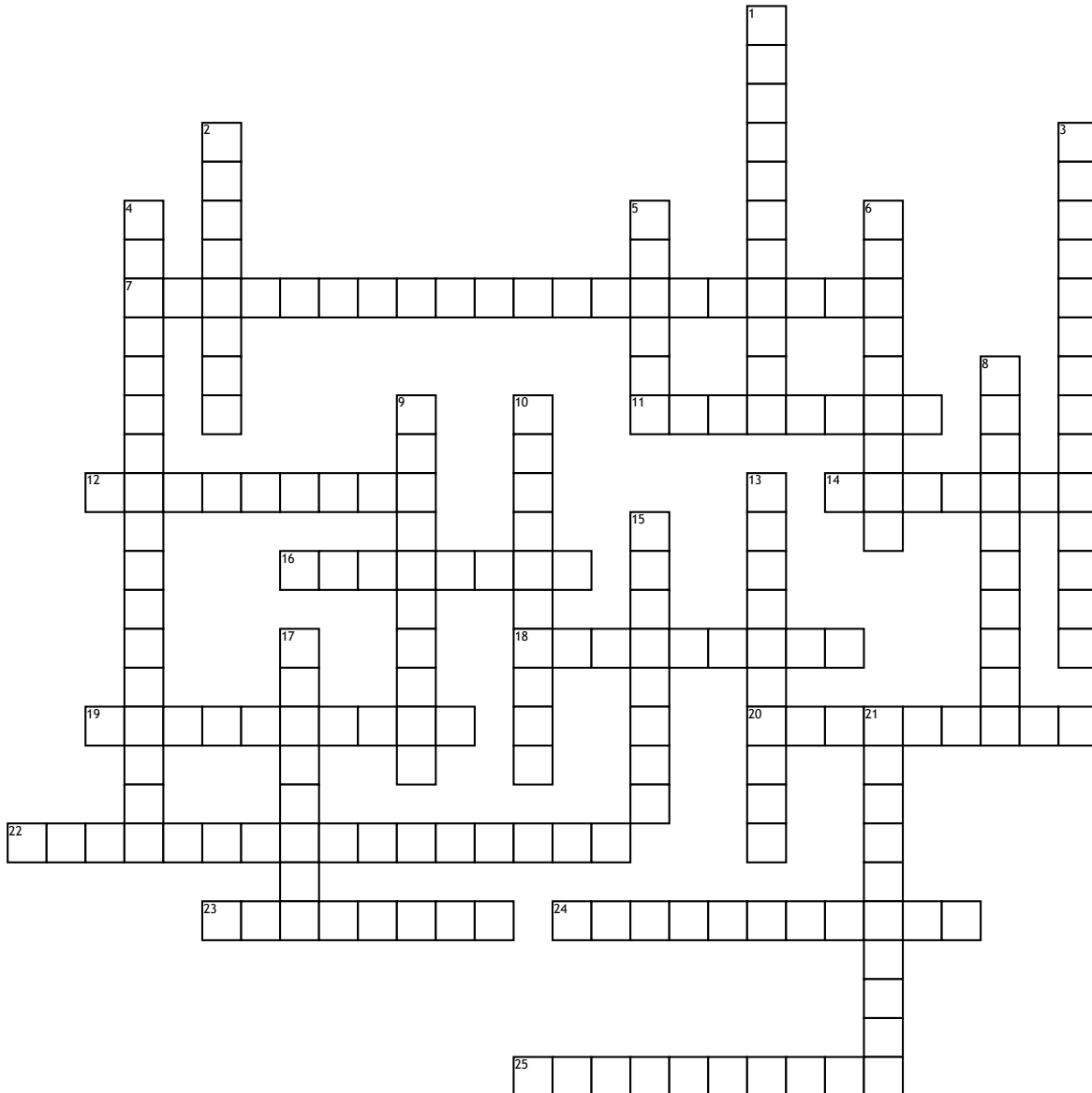


Name: \_\_\_\_\_

# Health Skills



## Across

- 7. Identify sources of information
- 11. this goal takes a year or more
- 12. this communication skill involves summarizing what people say
- 14. this type of person lets others have their way
- 16. the R in SMART
- 18. What is the T in SMART
- 19. able to assess situations and make good choices
- 20. this goal takes a few days or weeks

22. this behavior involves being sarcastic

23. What is the S in SMART

24. use these when responding to emotions

25. the M in SMART

## Down

- 1. this skill has 4 steps
- 2. this skill is standing up for what you believe
- 3. the ability to demonstrate positive habits
- 4. recognize variety of influences
- 5. this behavior is shown through speaking

6. this behavior is shown through body language

8. the A in SMART

9. this type of behavior involves yelling

10. what is step 3 in decision making

13. important part of advocacy

15. this influence includes other people

17. step 7 in decision making

21. what type of risk is worth taking