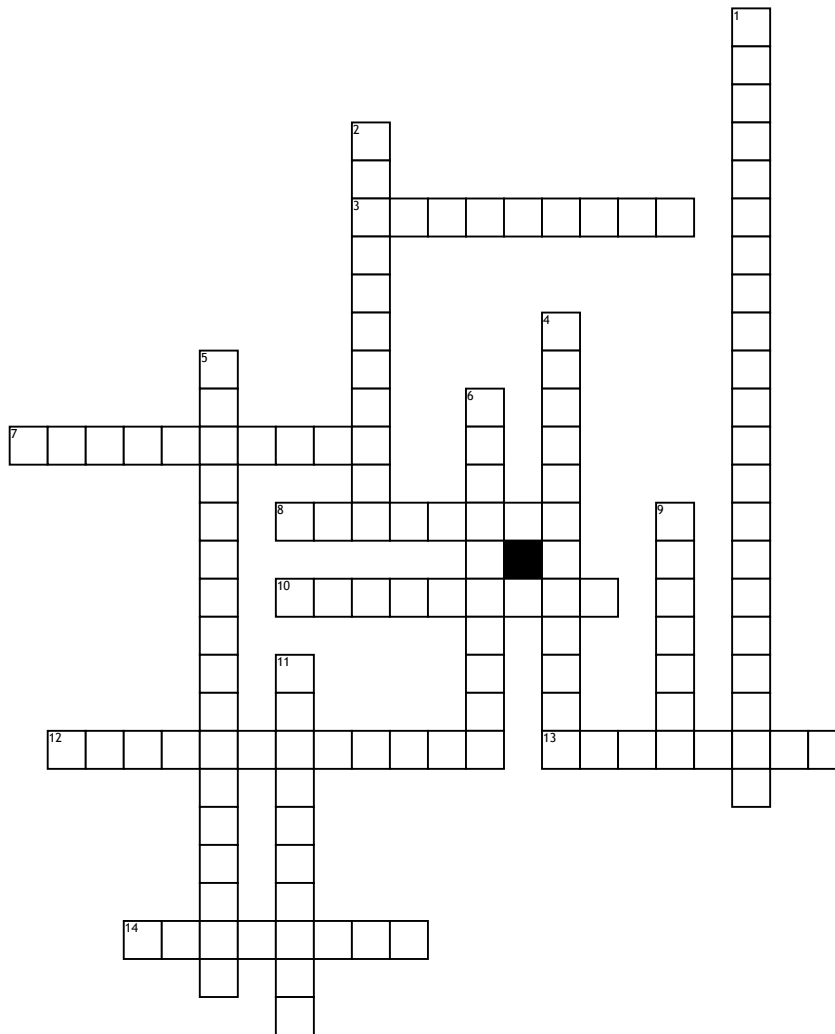


Name: _____

Date: _____

Resilience



Across

- 3. When you communicate to others without using words
- 7. If you become very upset you do this
- 8. The opposite of negative
- 10. Your feelings can determine your . . .
- 12. By reading this you can tell how someone feels
- 13. Another word for feelings

Word Bank

mindfulness
self soothe
non-verbal
emotions

positive
Inner voice
self regulate
Resilience

body language
reflect
physiological reaction

thought challenger
behaviour
Feelings

- 14. Your thoughts impact on this

Down

- 1. Your body's natural response (2 words)
- 2. Being in the moment
- 4. How you manage small emotions to stop them becoming bigger

- 5. The phrase used to help change negative to positive thoughts (2 words)

- 6. This helps you recover from set backs

- 9. To think back on a situation

- 11. When you talk to yourself in your head (2 words)