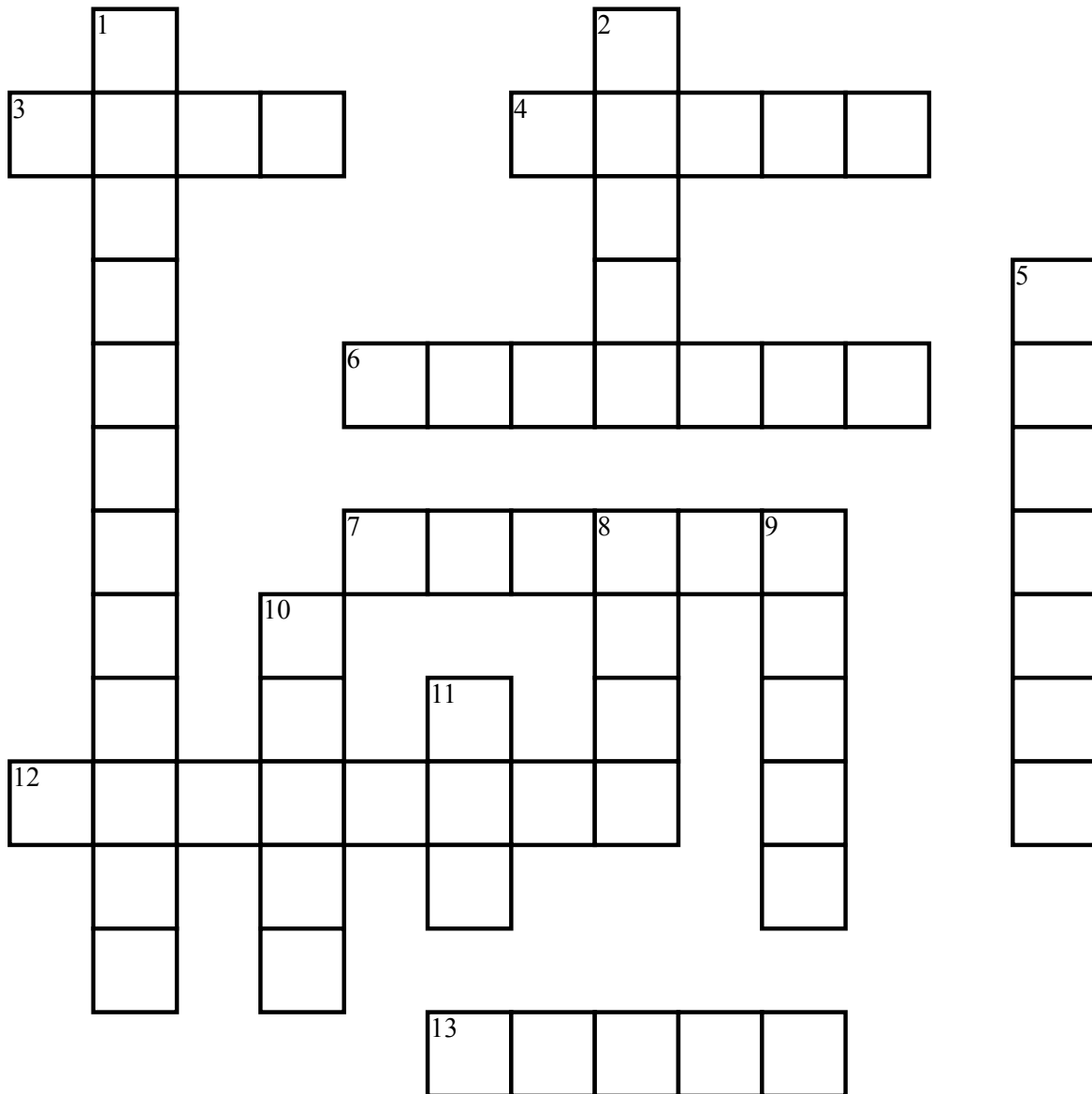


Name: _____

Self-Care



Across

- 3. Long list of assignments
- 4. After sitting and doing work for hours
- 6. When Your Bored
- 7. At night when you feel warn down

12. When your face is oily

13. When you want to do something

Down

- 1. Cold rainy night
- 2. When you are feeling tense

- 5. After a long day
- 8. Durning a loud free periods what can you do?
- 9. After an exam
- 10. When you are tired
- 11. When you are hungry