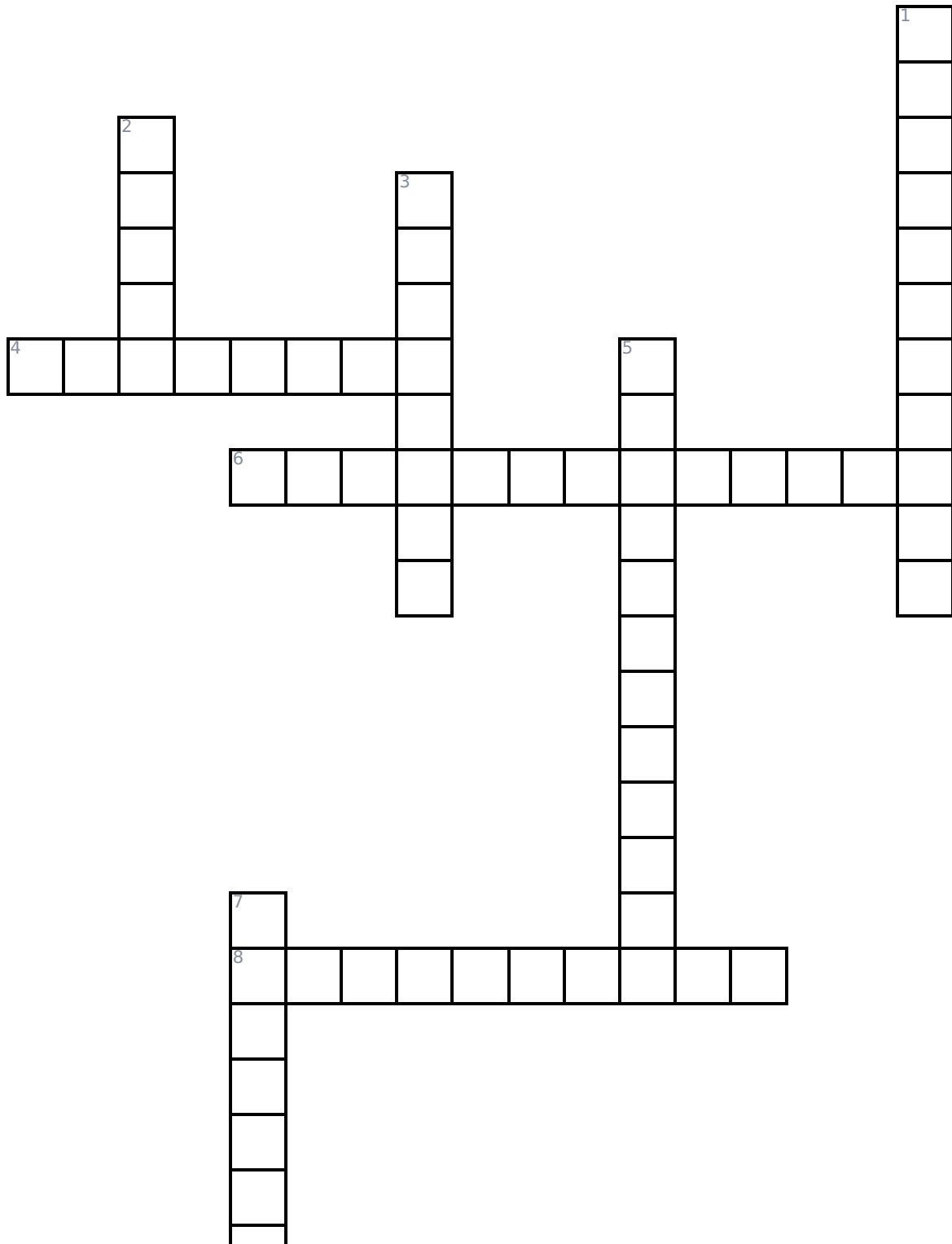


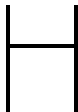
Name: _____

Date: _____

Exploring Emotions: Criss Cross

Answer clues based on the content and vocabulary words from words from Exploring Emotions. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.





Across

4. ___ memories bring people joy.
6. Sometimes we can feel ___ in new situations.
8. There was such ___ around planning for the family vacation.

Down

- 1. A way of improving your mental state that involves paying close attention to everything that you are experiencing, especially during quiet meditation.
- 2. Take ___ in your accomplishments!
- 3. Strong human feelings such as love, hate, or anger.
- 5. Determination to keep trying to achieve something in spite of difficulties.
- 7. Emotions that you experience such as happiness, sadness, or grief.

Word Bank

EMOTIONS
PERSEVERANCE

MINDFULNESS
PRIDE

FEELINGS
UNCOMFORTABLE

EXCITEMENT
PLEASANT

Answer Key

