

# Activity 67

## Managing Stress

**Directions for Part I:** Each of the ten words in the box is hidden somewhere in the puzzle below. Find and circle each word. The words may appear backward, forward, vertically, or diagonally.

- |            |          |            |       |
|------------|----------|------------|-------|
| anticipate | exercise | nutritious | rest  |
| breaks     | hobby    | positive   | sport |
| breaths    |          |            | trust |

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | N | B | E | C | R | O | H | O | B | B | Y |
| L | M | U | W | X | O | V | N | L | K | R | Z |
| P | A | N | T | I | C | I | P | A | T | E | P |
| B | D | F | G | R | J | K | Y | Z | B | A | C |
| M | N | P | R | O | I | E | P | T | R | K | S |
| B | E | P | O | S | I | T | I | V | E | S | A |
| R | B | D | Q | R | S | V | I | M | N | P | V |
| E | X | L | E | R | O | B | D | O | N | I | L |
| A | T | S | U | R | T | H | J | K | U | M | P |
| T | W | T | B | E | X | E | R | C | I | S | E |
| H | R | X | M | S | B | C | F | G | P | Y | X |
| S | P | O | R | T | D | F | L | N | P | V | W |

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**Activity 67** *continued*

**Directions for Part II:** Use each of the words in a sentence about stress management.

**1. anticipate:** \_\_\_\_\_

\_\_\_\_\_

**2. breaks:** \_\_\_\_\_

\_\_\_\_\_

**3. breaths:** \_\_\_\_\_

\_\_\_\_\_

**4. exercise:** \_\_\_\_\_

\_\_\_\_\_

**5. hobby:** \_\_\_\_\_

\_\_\_\_\_

**6. nutritious:** \_\_\_\_\_

\_\_\_\_\_

**7. positive:** \_\_\_\_\_

\_\_\_\_\_

**8. rest:** \_\_\_\_\_

\_\_\_\_\_

**9. sport:** \_\_\_\_\_

\_\_\_\_\_

**10. trust:** \_\_\_\_\_

\_\_\_\_\_