

Across

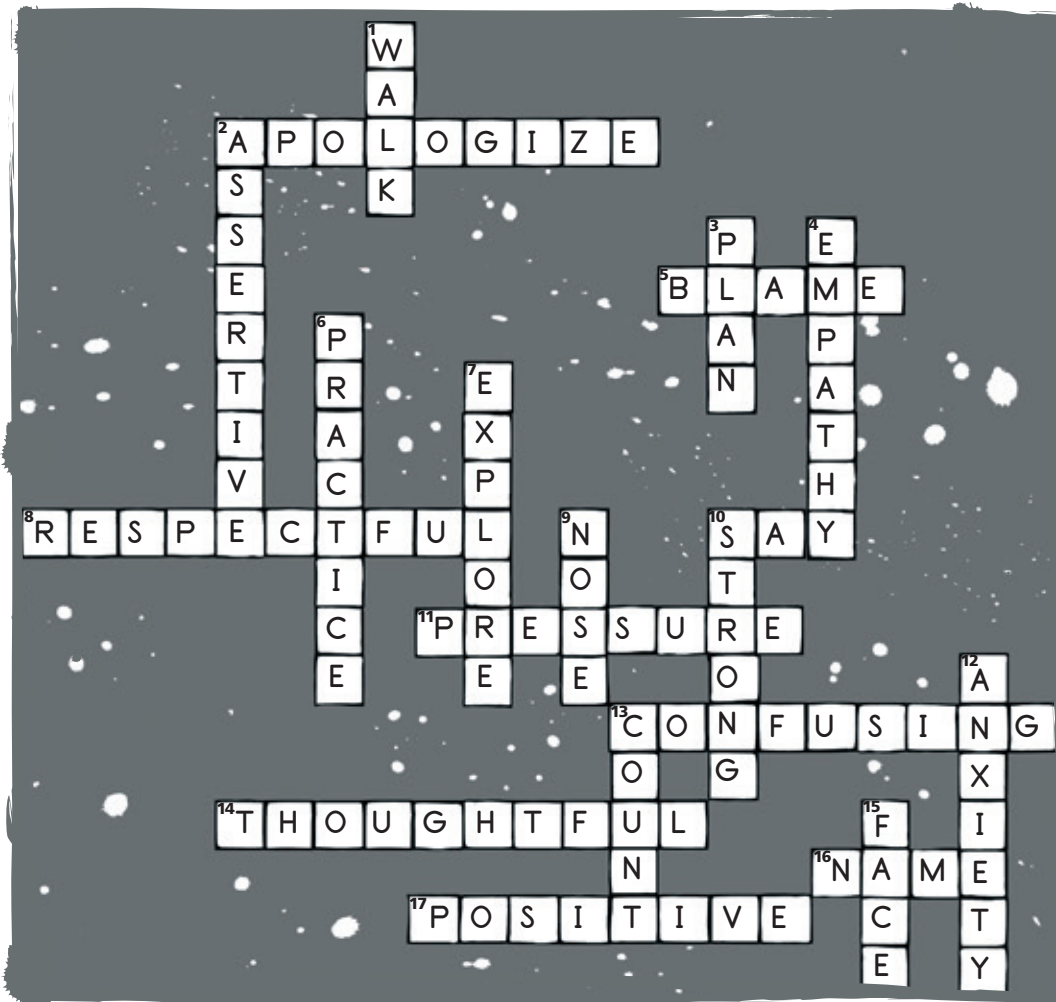
2. When you do this to another person, mean what you say and use a respectful voice.
5. When you do the first Problem-Solving Step, S: Say the problem, state the problem without this.
8. You are being this way when you consider how others want to be treated, then treat them that way.
10. The first Problem-Solving Step is to _____.
11. Peer _____ is a problem when others try to get you to do something that is not safe, not respectful, or could cause bad consequences.
13. Having several feelings at once can feel this way.
14. When you respect others' ideas, you respond to them in a _____ way.

16. The second Calming-Down Step is to _____ your feeling.
17. This type of self-talk can help you manage your strong emotions.

Down

1. When you really think about how others feel, the *Second Step* song says, "_____."
2. You are being this way when you ask for what you want or need in a strong, respectful voice.
3. Making one of these involves breaking down a large task into smaller steps.
4. To feel or understand what someone else is feeling.
6. When you do this, it helps build connections in your brain that make skills permanent.

7. The third Problem-Solving Step is to _____ consequences.
9. When you practice deep breathing, take a deep breath through this part of your body slowly and with control.
10. When you have these types of feelings, it's hard to think clearly.
12. The uneasy feeling you get when you are worried about something that might or might not happen.
13. One way to help you calm down is to do this backward, by twos, by threes, and so on.
15. One way to tell how someone is feeling is to look at the expressions on this part of his or her body.



Across

2. When you do this to another person, mean what you say and use a respectful voice.
5. When you do the first Problem-Solving Step, S: Say the problem, state the problem without this.
8. You are being this way when you consider how others want to be treated, then treat them that way.
10. The first Problem-Solving Step is to _____.
11. Peer _____ is a problem when others try to get you to do something that is not safe, not respectful, or could cause bad consequences.
13. Having several feelings at once can feel this way.
14. When you respect others' ideas, you respond to them in a _____ way.

16. The second Calming-Down Step is to _____ your feeling.
17. This type of self-talk can help you manage your strong emotions.

Down

1. When you really think about how others feel, the *Second Step* song says, "_____."
2. You are being this way when you ask for what you want or need in a strong, respectful voice.
3. Making one of these involves breaking down a large task into smaller steps.
4. To feel or understand what someone else is feeling.
6. When you do this, it helps build connections in your brain that make skills permanent.

7. The third Problem-Solving Step is to _____ consequences.
9. When you practice deep breathing, take a deep breath through this part of your body slowly and with control.
10. When you have these types of feelings, it's hard to think clearly.
12. The uneasy feeling you get when you are worried about something that might or might not happen.
13. One way to help you calm down is to do this backward, by twos, by threes, and so on.
15. One way to tell how someone is feeling is to look at the expressions on this part of his or her body.