



Find 6 words in the box below!

STRESS BUSTERS

1. Sleep Tight

Get at least 9 hours of _____.

2. Eat Right

Have fruits and _____ with your meals and avoid junk food.

3. Get _____

Stretch it out or go for a short walk.

4. Take A Break

Play _____, sing, or dance for 15 minutes.

5. Pen It Down

Write your feelings in a _____.

6. Stay Connected

Hang out with your _____ even if it's just online.



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



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