

75 PRINTABLE PUZZLES



SEL

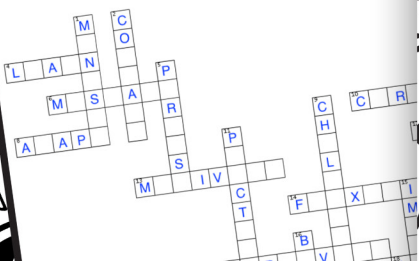
CROSSWORD

PUZZLES



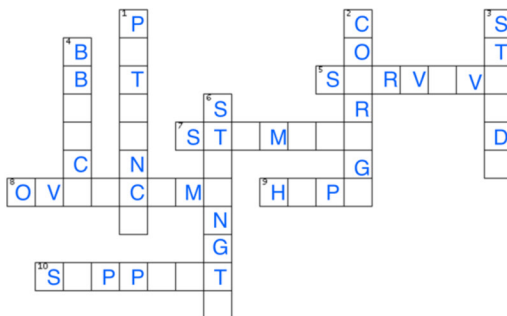
MEDIUM

GROWTH MINDSET



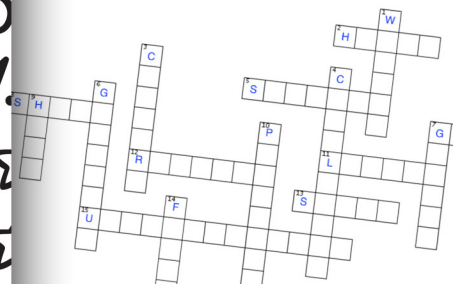
EASY

RESILIENCE



HARD

KINDNESS



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INTRODUCTION

Welcome to SEL Crossword Puzzles! A fun new resource for teachers and parents.

Social Emotional Learning (SEL) teaches kids about emotions, relationships, and understanding themselves and others. Through these puzzles, we provide a unique and engaging way for students to explore and grasp 25 vital SEL themes.

For each theme we have created three crossword puzzles of varying difficulties, so you can choose the ones that are most appropriate for your student.

You can use these puzzles as a standalone activity, or integrate them into your broader curriculum. Here are some suggestions:

Classroom Activities: Start the day with a puzzle related to the theme you plan to discuss. This serves as an icebreaker, making students more receptive to the day's lessons.

Homework Assignments: Assign a puzzle as homework, and in the next class, discuss the words, their meanings, and their significance in students' lives.

Group Work: Encourage collaborative learning by having small groups of students work on the puzzle together. This promotes teamwork, communication, and collective problem-solving.

Discussion Starters: Once a puzzle is completed, hold a class discussion about the theme. Ask students to share experiences or stories related to the words in the puzzle.

Family Time: Parents can integrate puzzles into family time. It's a fun way to engage with your child and discuss important SEL themes in a relaxed setting.

SEL Journal: After completing a puzzle, encourage students to jot down their thoughts, feelings, or any questions in a journal. This reflective practice can help deepen their understanding.

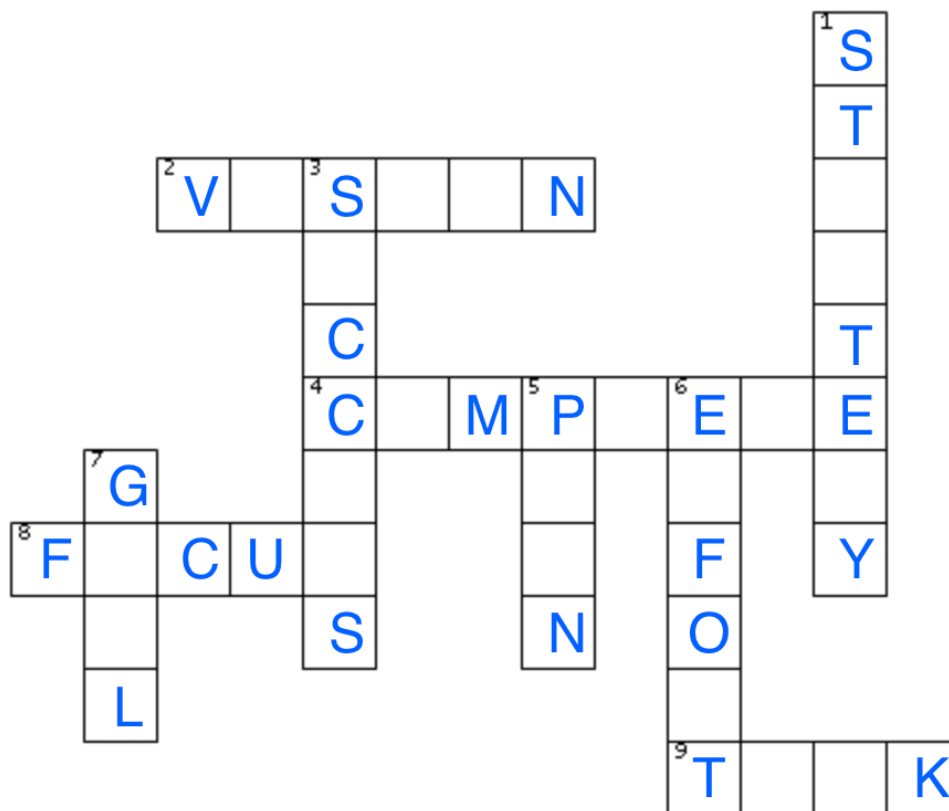
Role-playing: For themes like conflict resolution, communication, or empathy, after discussing the puzzle, you could have students role-play scenarios where they can put these concepts into action.

Using these puzzles is not just about finding the right word to fit a space; it's about initiating dialogues, understanding oneself and others, and developing crucial life skills. Whether in a classroom or at home, these puzzles can pave the way for meaningful conversations and personal growth.

Now let's get started!

EASY

GOAL SETTING



ACROSS

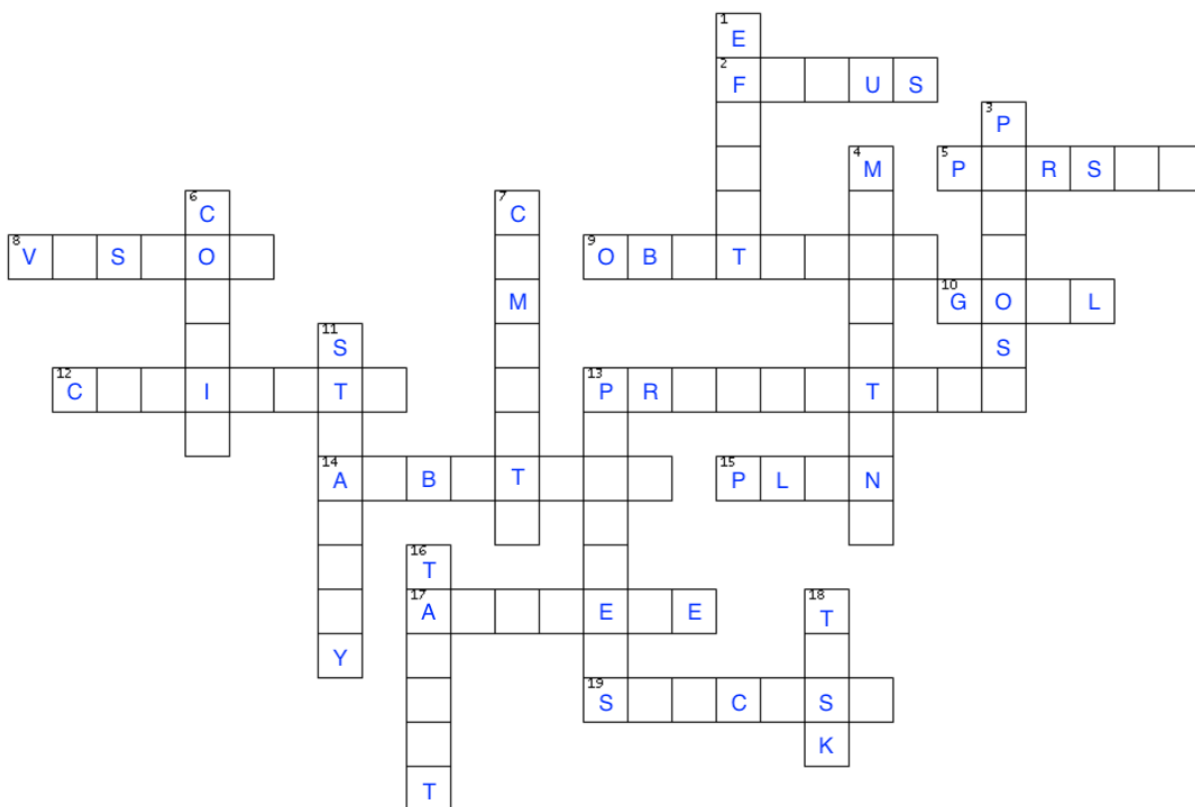
- 2. A picture in your mind of what you want to achieve.
- 4. To finish.
- 8. Paying close attention.
- 9. A job or activity.

DOWN

- 1. A plan for success.
- 3. Doing what you aimed to do.
- 5. A step-by-step way to reach my goal.
- 6. Trying hard.
- 7. Something I want to achieve.

MEDIUM

GOAL SETTING



ACROSS

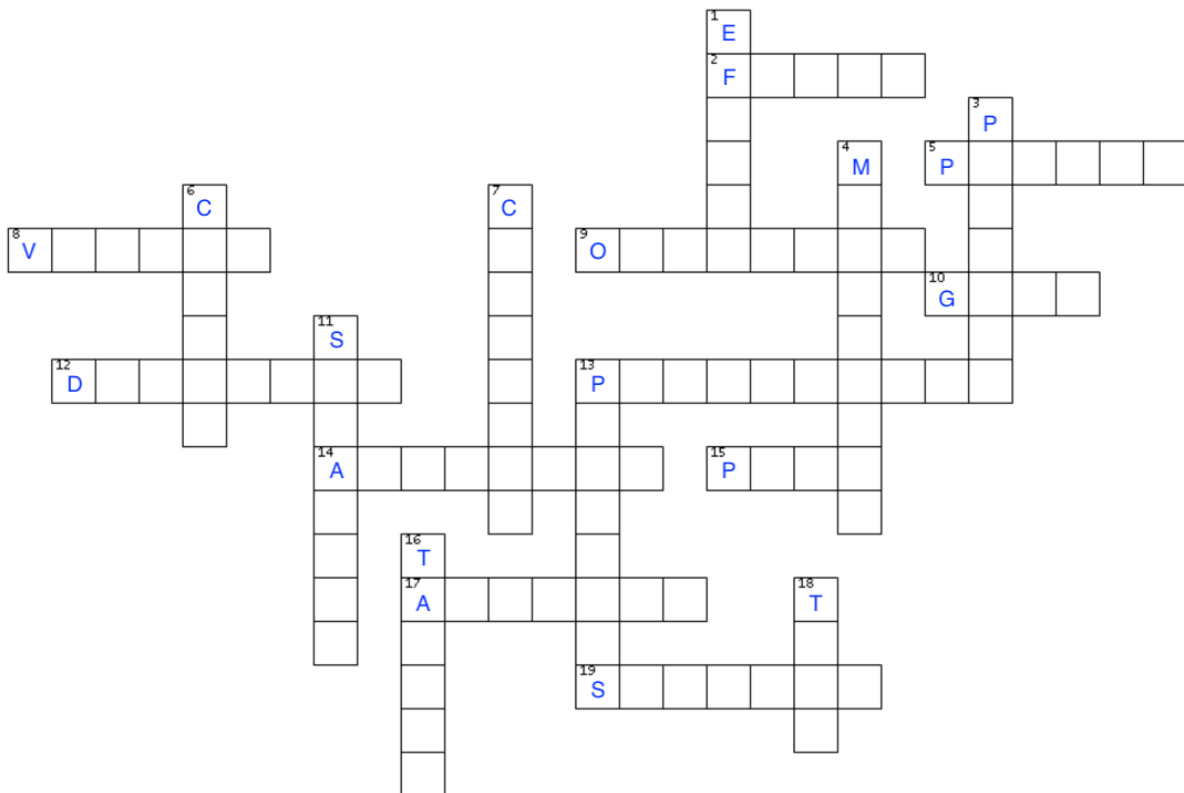
2. Paying close attention.
5. To chase or go after.
8. A picture in your mind of what you want to achieve
9. Something that gets in the way.
10. Something I want to achieve.
12. Give time and effort to.
13. Picking the most important things first.
14. A big hope or dream.
15. A step-by-step way to reach my goal.
17. To successfully do or complete.
19. Doing what you aimed to do.

DOWN

1. Trying hard.
3. The reason for doing something.
4. An important step towards a goal.
6. Promise to do something.
7. To finish.
11. A plan for success.
13. Moving forward.
16. What I aim for.
18. A job or activity.

HARD

GOAL SETTING



ACROSS

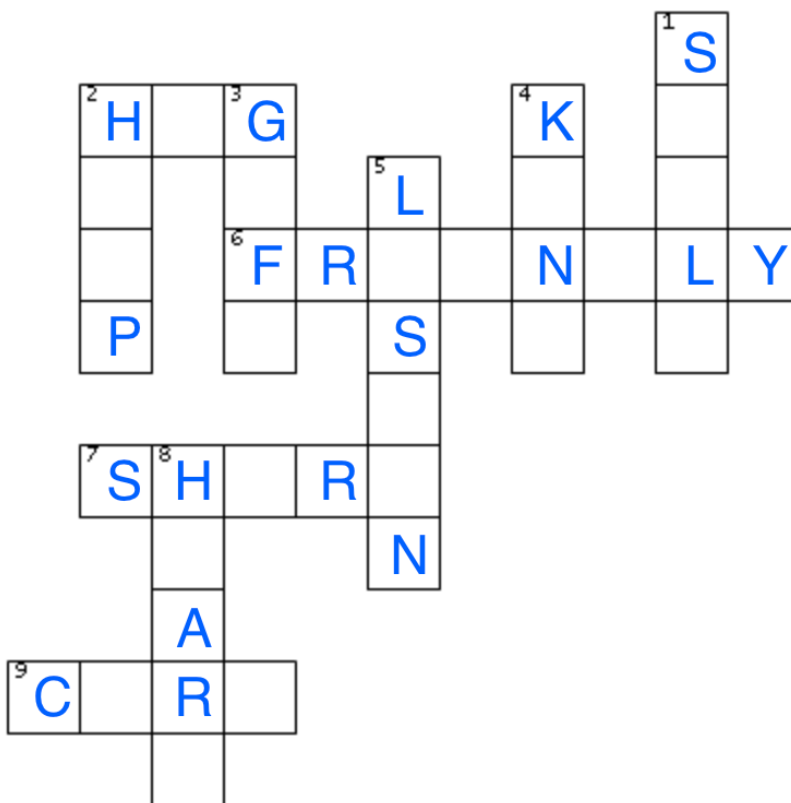
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EASY

KINDNESS



ACROSS

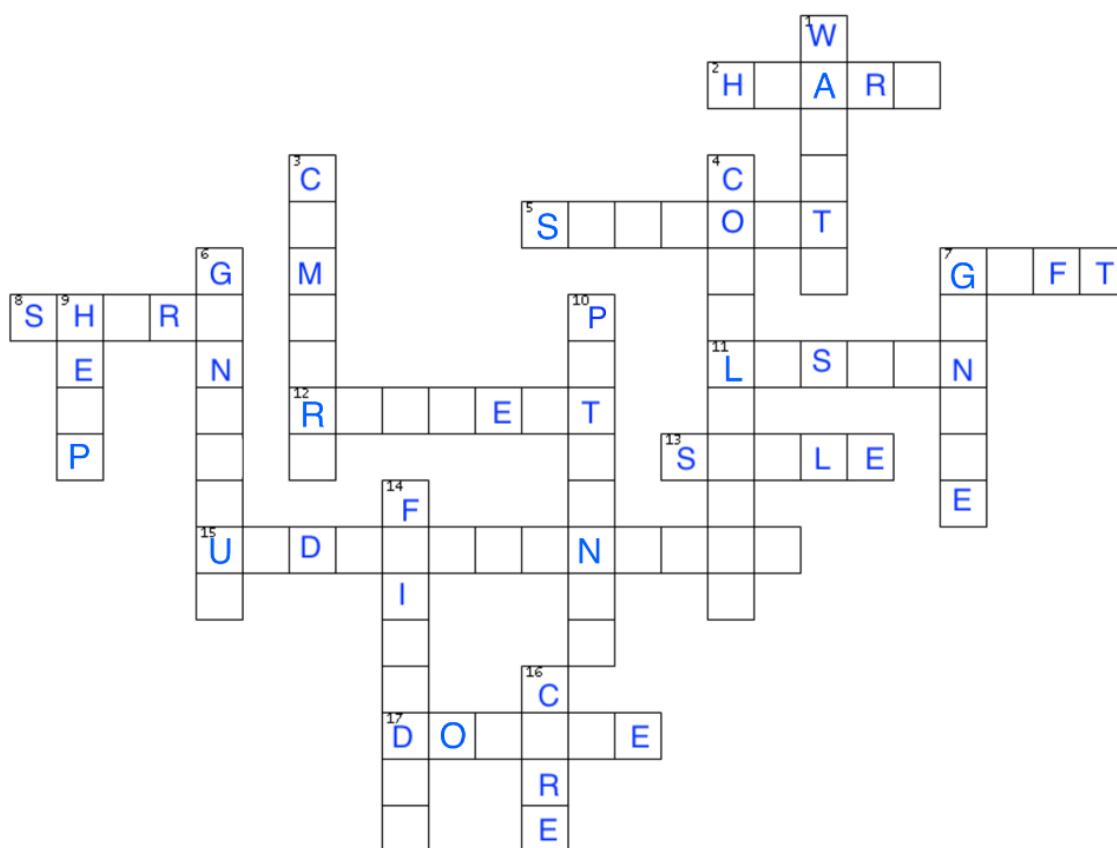
- 2. A loving squeeze.
- 6. Being a good friend.
- 7. Let someone else have some too.
- 9. Show love or concern.

DOWN

- 1. A happy face.
- 2. Give a hand to someone.
- 3. Something you give.
- 4. Being nice.
- 5. Paying attention to someone else.
- 8. Symbol of love.

MEDIUM

KINDNESS



ACROSS

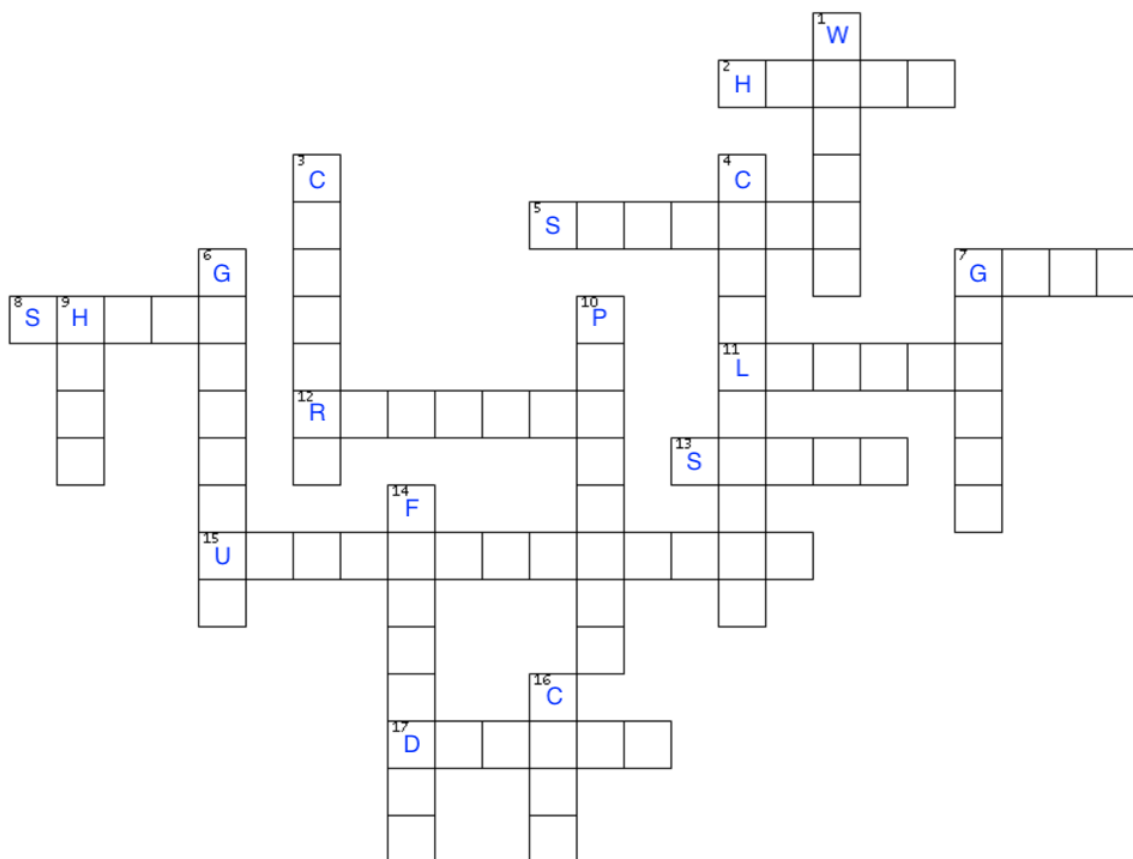
2. Symbol of love.
5. Help or back up someone.
7. Something you give.
8. Let someone else have some too.
11. Paying attention to someone else.
12. Treating others as you want to be treated.
13. A happy face.
15. Getting how someone feels.
17. Give to help others.

DOWN

1. Friendly feeling.
3. Make someone feel better.
4. Say something nice.
6. Giving more than expected.
7. Soft and caring.
9. Give a hand to someone.
10. Waiting without getting upset.
14. Being a good friend.
16. Show love or concern.

HARD

KINDNESS



ACROSS

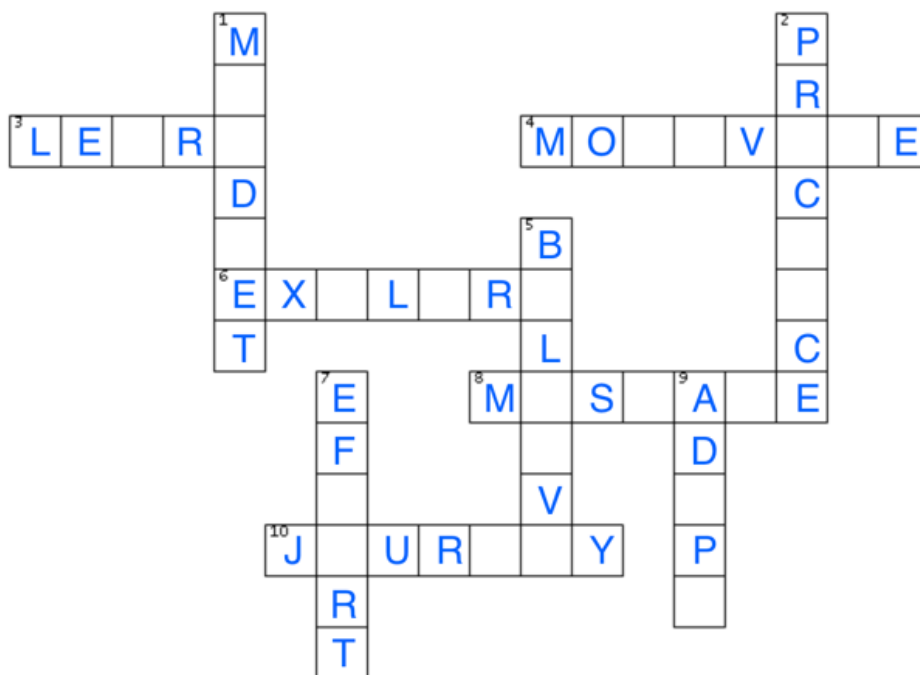
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EASY

GROWTH MINDSET



ACROSS

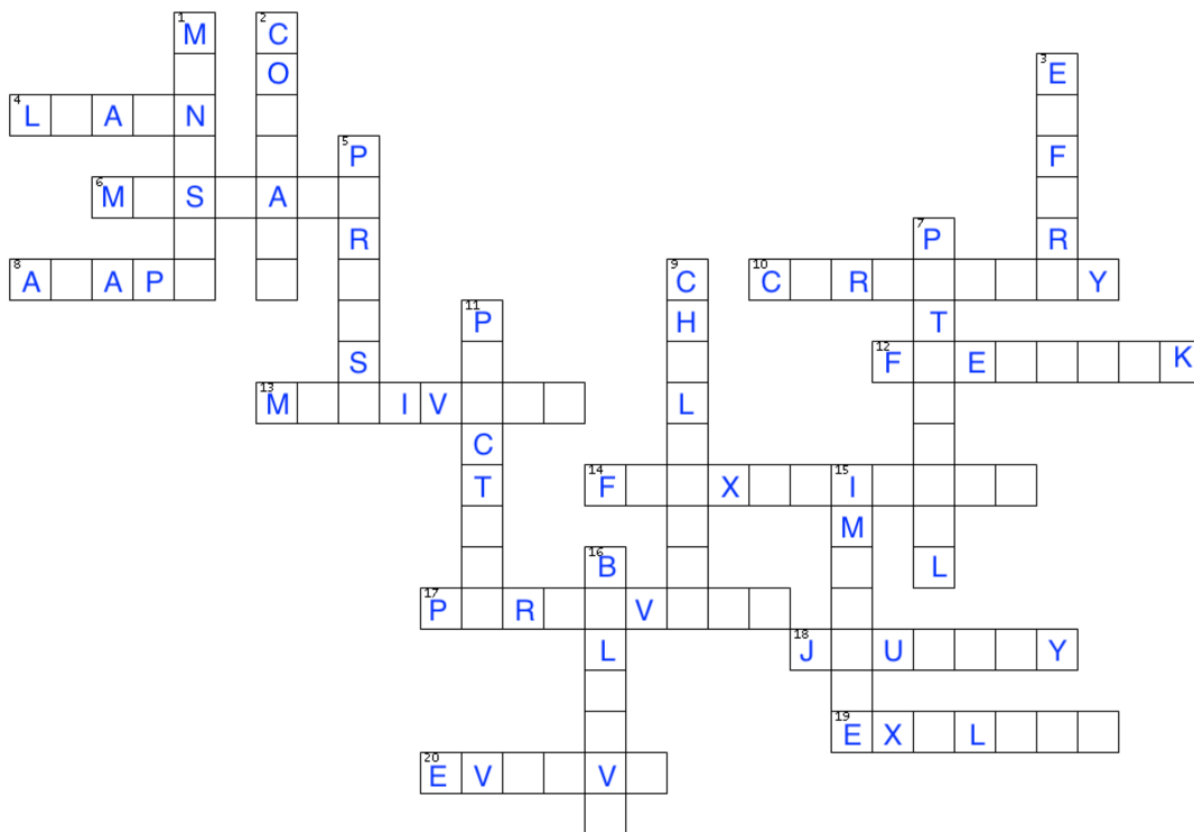
3. Gain knowledge.
4. To give a reason to do something.
6. To discover or find out.
8. Something done wrong, but you can learn from it.
10. The path or steps you take.

DOWN

1. The way you think about things.
2. Do again and again to get better.
5. To think something is true.
7. Trying hard.
9. Change to fit a new situation.

MEDIUM

GROWTH MINDSET



ACROSS

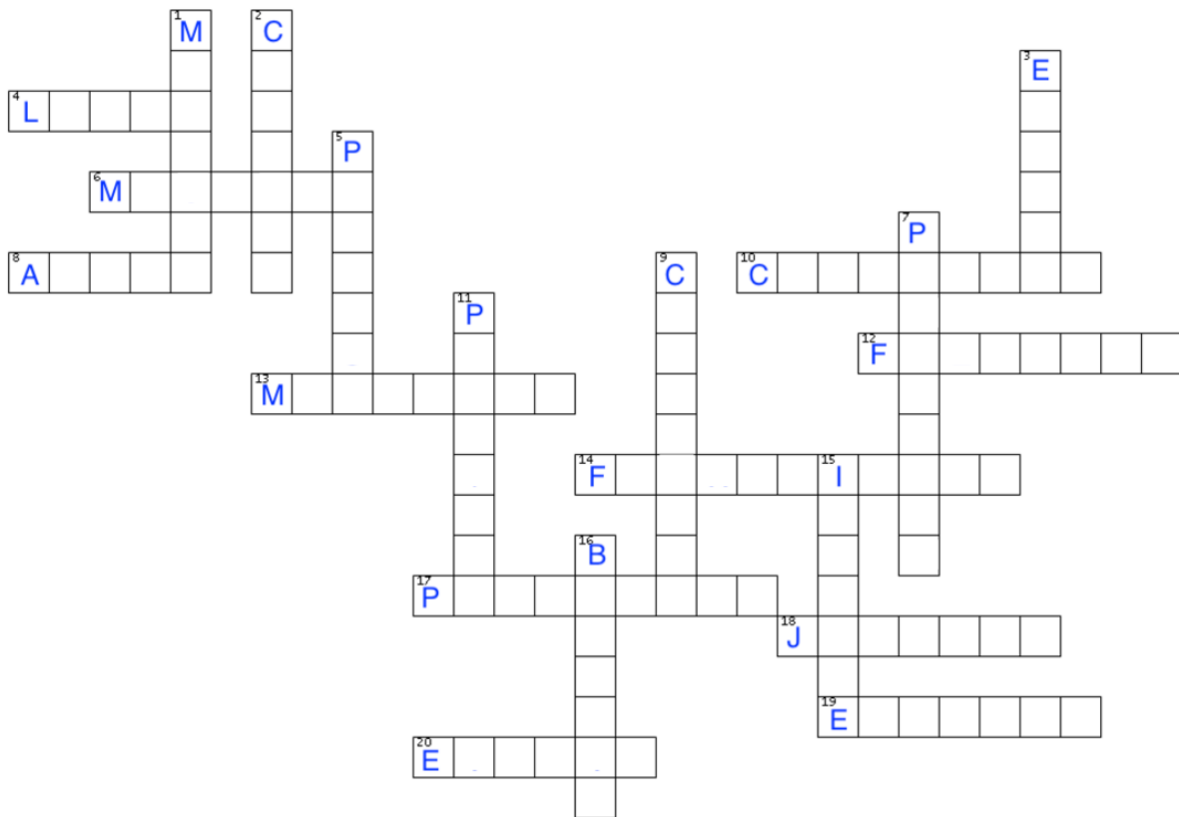
4. Gain knowledge.
6. Something done wrong, but you can learn from it.
8. Change to fit a new situation.
10. Wanting to know more.
12. Advice or comments to help you improve.
13. To give a reason to do something.
14. Ability to change and adjust.
17. Keep trying and don't give up.
18. The path or steps you take.
19. To discover or find out.
20. To grow or develop over time.

DOWN

1. The way you think about things.
2. Being brave even when scared.
3. Trying hard.
5. Keep going, even when it's hard.
7. What you can become or achieve.
9. A tough task.
11. Do again and again to get better.
15. Get better.
16. To think something is true.

HARD

GROWTH MINDSET



ACROSS

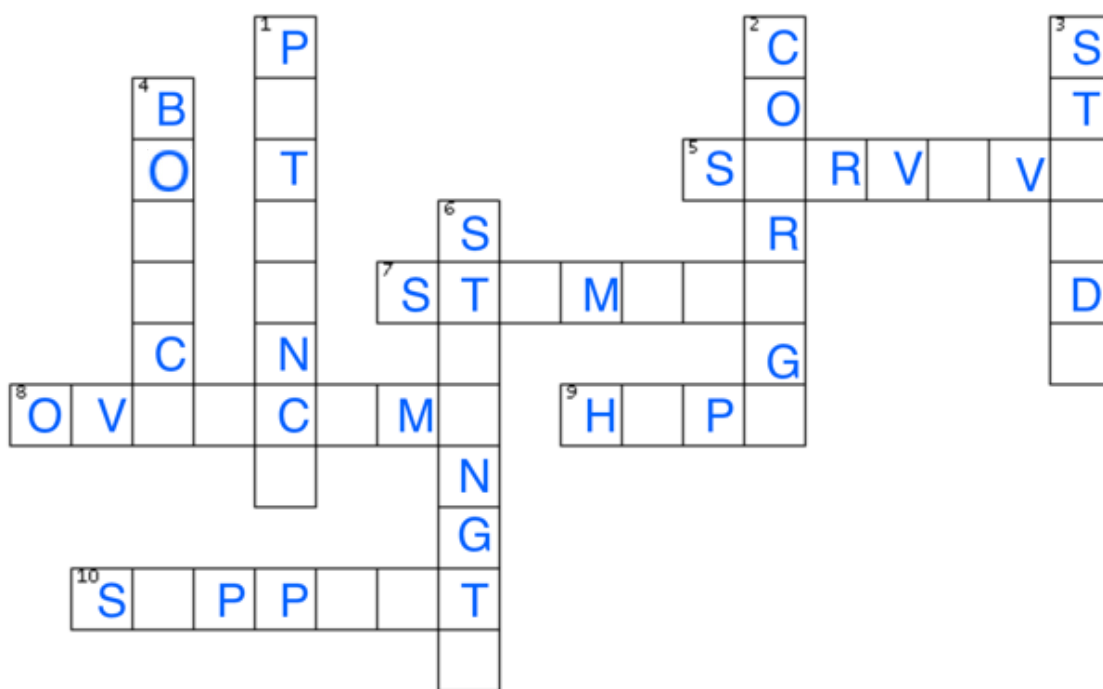
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15. Get better.
16. To think something is true.

EASY

RESILIENCE



ACROSS

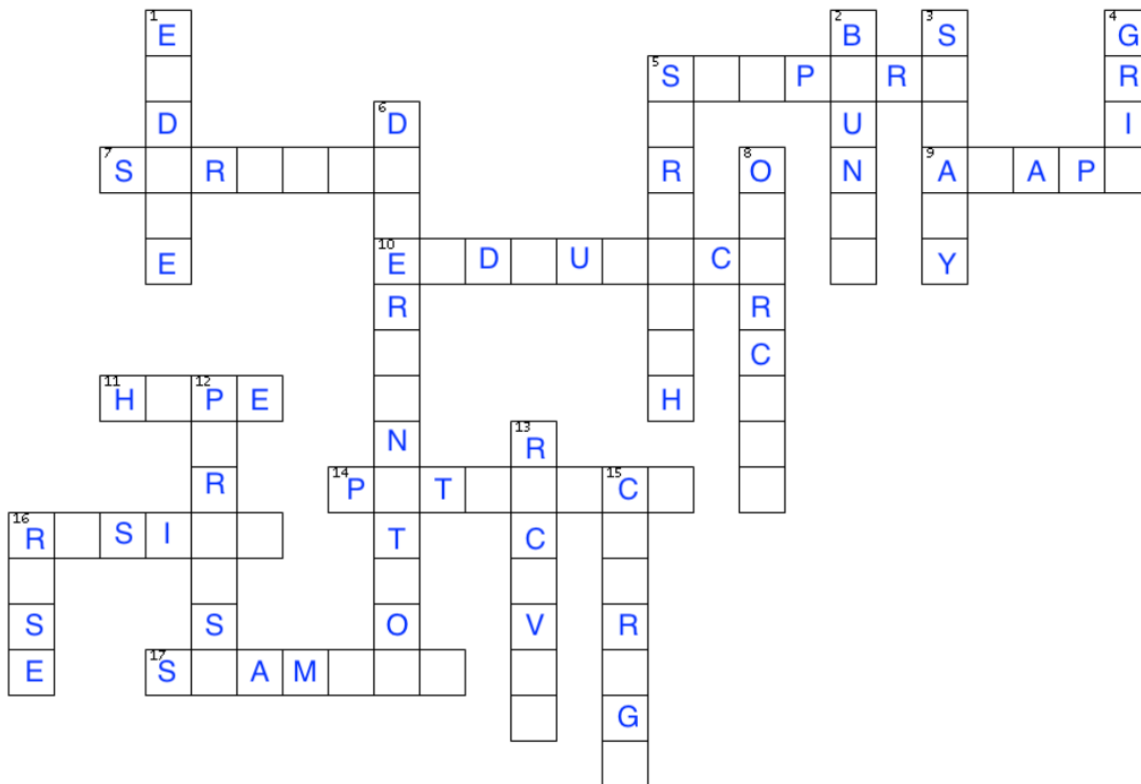
5. Keep on living or existing.
7. Energy to keep going.
8. Win against challenges.
9. Believing things will get better.
10. Help or back up from others.

DOWN

1. Waiting without getting upset.
2. Being brave even when you're afraid.
3. Stable and not easily shaken.
4. Come back after a setback.
6. Ability to handle difficulty.

MEDIUM

RESILIENCE



ACROSS

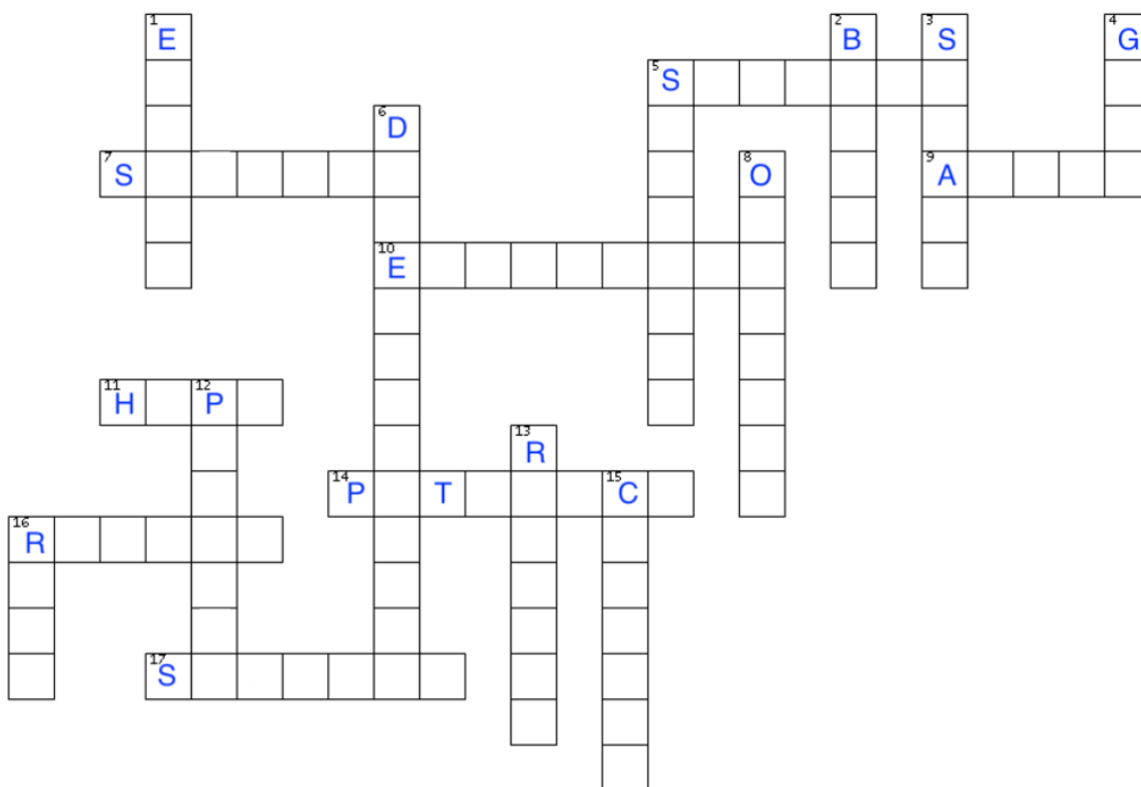
5. Help or back up from others.
7. Keep on living or existing.
9. Change to fit new situations.
10. The power to keep going.
11. Believing things will get better.
14. Waiting without getting upset.
16. Stand against something.
17. Energy to keep going.

DOWN

1. Keep going, even when it's hard.
2. Come back after a setback.
3. Stable and not easily shaken.
4. Toughness and determination.
5. Ability to handle difficulty.
6. Deciding to finish what you start.
8. Win against challenges.
12. Keep on trying.
13. Get better after something bad.
15. Being brave even when you're afraid.
16. Get up after falling.

HARD

RESILIENCE



ACROSS

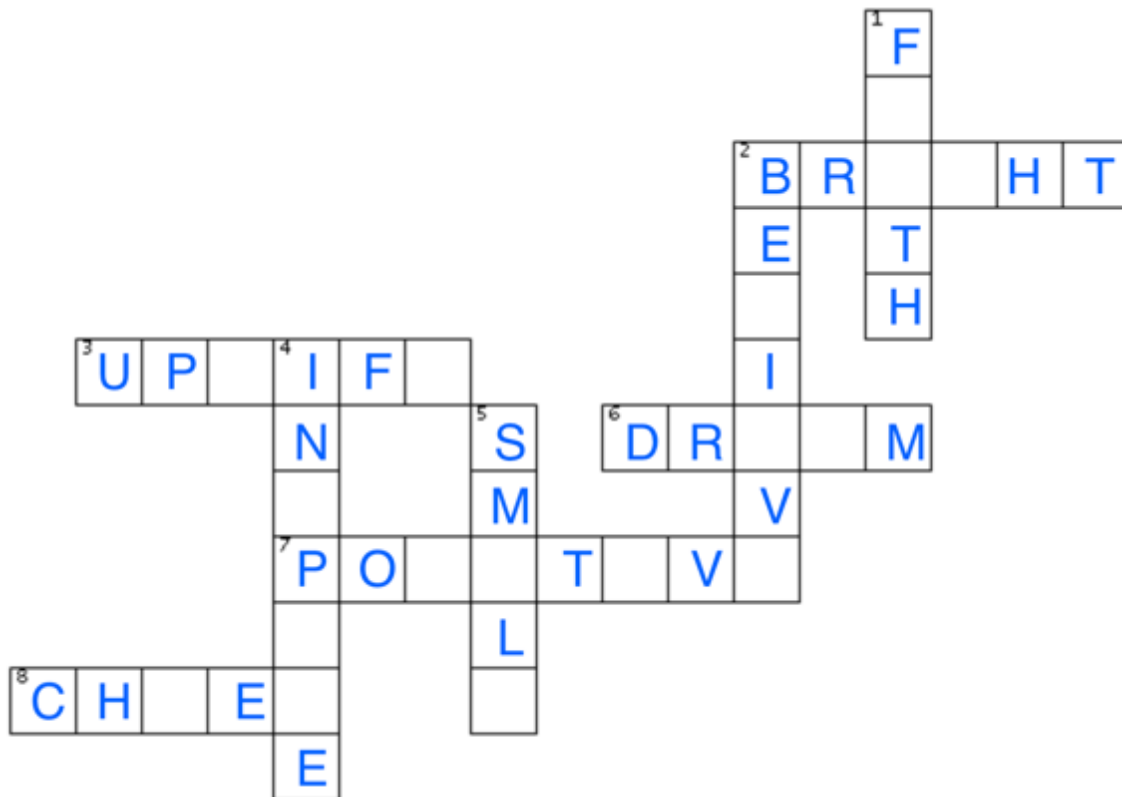
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EASY

POSITIVE THINKING



ACROSS

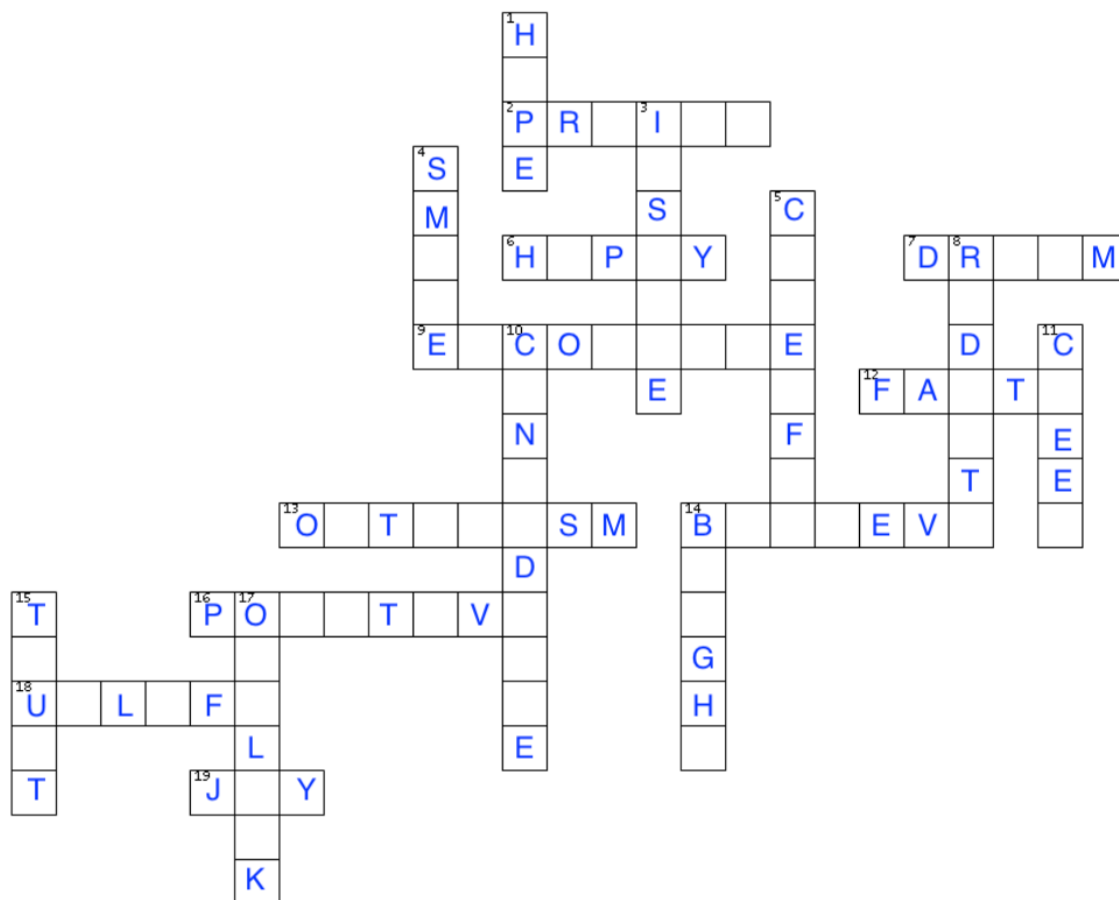
2. Shiny or smart.
3. Make someone feel better.
6. A hope or aspiration.
7. Focusing on the good.
8. To encourage or bring happiness

DOWN

1. Trust or confidence in something.
2. Think something is true.
4. Motivate someone to act or feel.
5. A happy face expression.

MEDIUM

POSITIVE THINKING



ACROSS

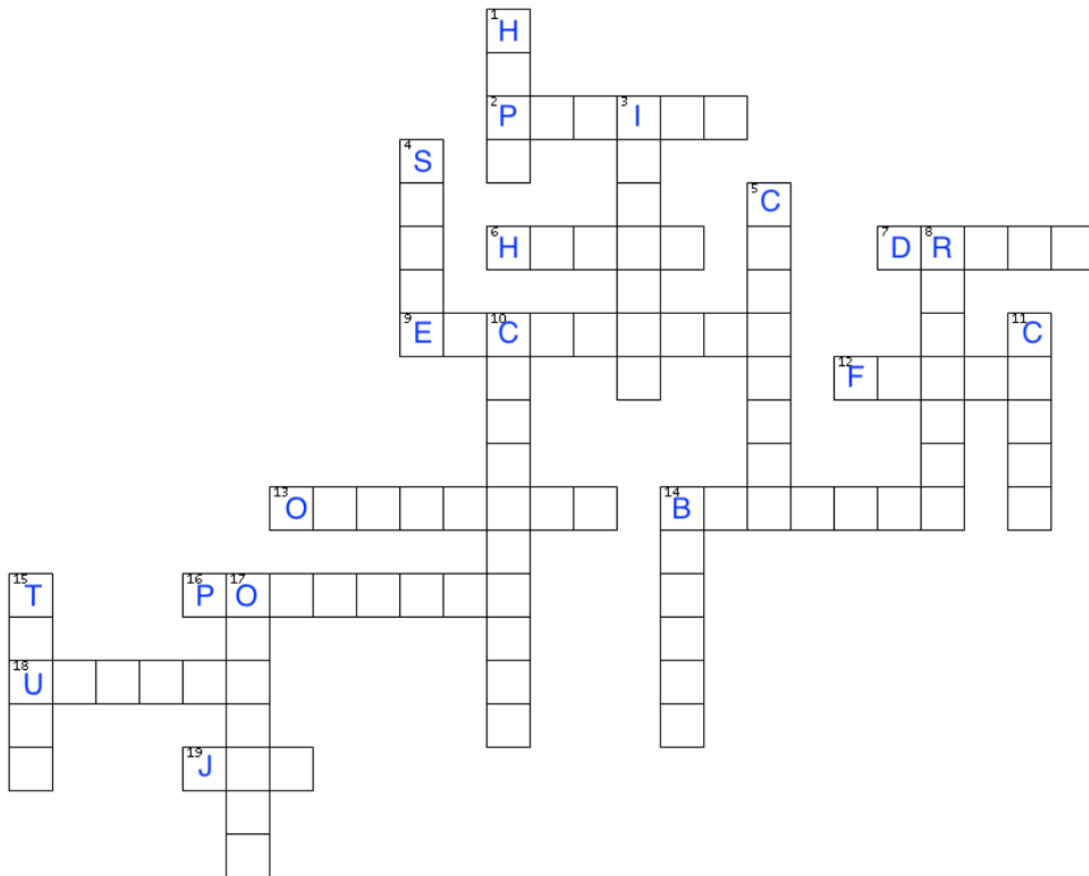
2. Compliment or approve.
6. Feeling pleasure or contentment.
7. A hope or aspiration.
9. Giving someone hope or confidence.
12. Trust or confidence in something.
13. Looking on the good side.
14. Think something is true.
16. Focusing on the good.
18. Make someone feel better.
19. Feeling very happy.

DOWN

1. Believing good things will happen.
3. Motivate someone to act or feel.
4. A happy face expression.
5. Feeling or showing happiness.
8. To send out light or positivity.
10. Trusting in yourself.
11. To encourage or bring happiness.
14. Shiny or smart.
15. Belief that things will work out.
17. How you view or think about something.

HARD

POSITIVE THINKING



ACROSS

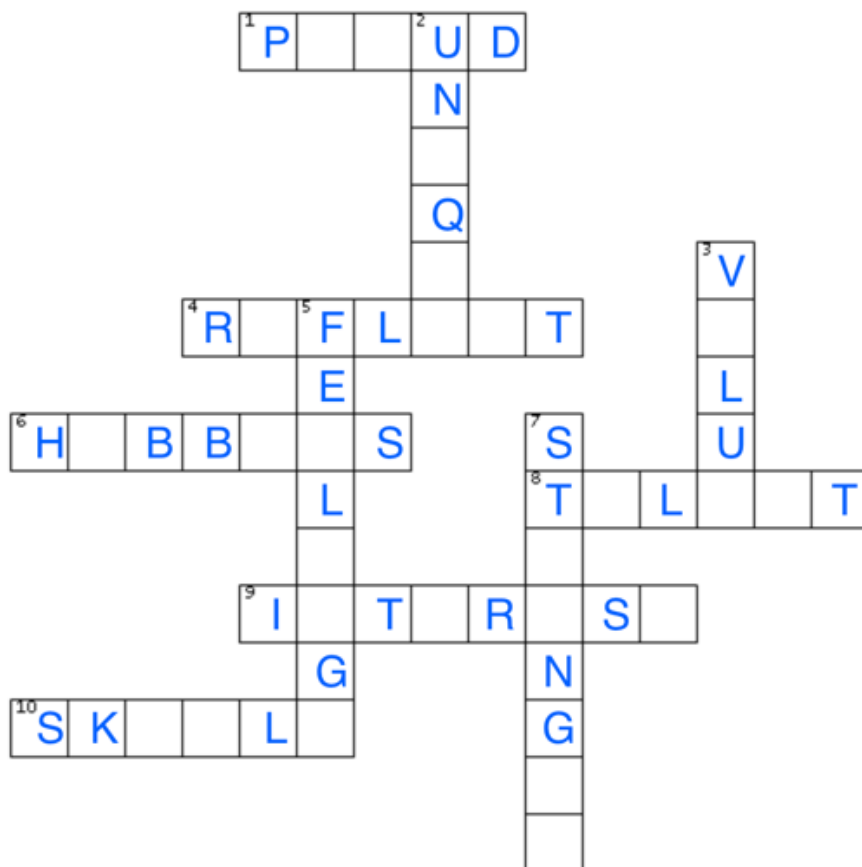
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EASY

KNOWING MYSELF



ACROSS

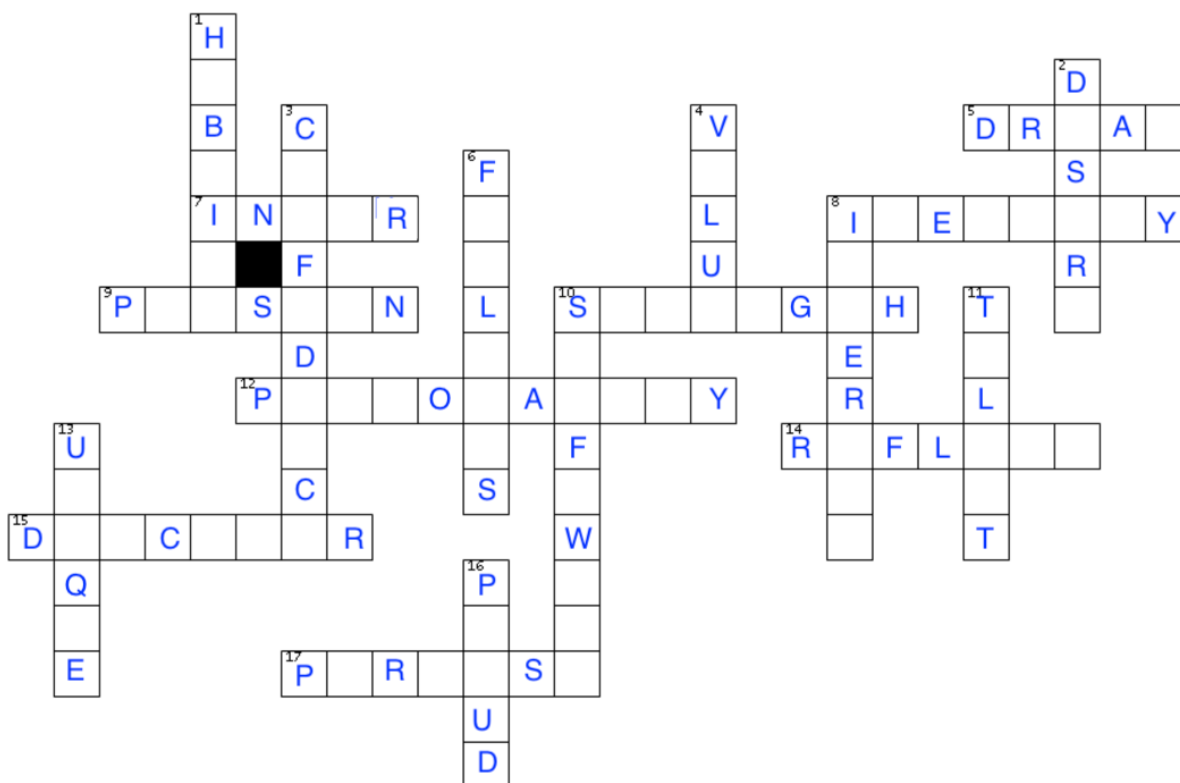
1. Feeling good about something you did.
4. Think deeply about oneself.
6. Activities you love doing in your free time.
8. Something you're naturally good at.
9. Something you like or want to know about.
10. Things you can do well.

DOWN

2. One of a kind.
3. What's important to you.
5. Emotions like happy, sad, or mad.
7. What you're strong at.

MEDIUM

KNOWING MYSELF



ACROSS

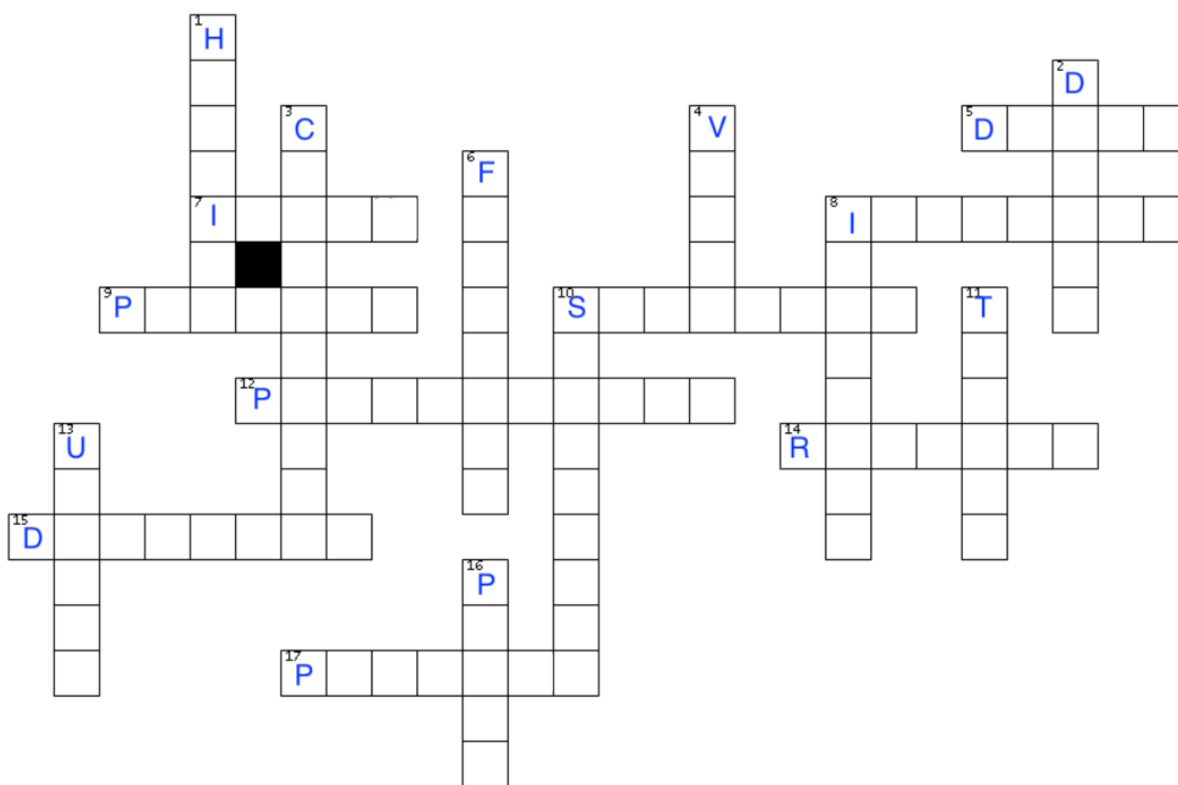
5. A hope or wish.
7. What's inside or private.
8. Who you are inside.
9. Something you love a lot.
10. What you're strong at.
12. The mix of how you think, feel, and act.
14. Think deeply about oneself.
15. Find out something new about yourself.
17. The reason you do something.

DOWN

1. Activities you love doing in your free time.
2. Something you really want.
3. Trusting and believing in yourself.
4. What's important to you.
6. Emotions like happy, sad, or mad.
8. Something you like or want to know about.
10. Knowing your own feelings and actions.
11. Something you're naturally good at.

HARD

KNOWING MYSELF



ACROSS

5. A hope or wish.
7. What's inside or private.
8. Who you are inside.
9. Something you love a lot.
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Oh! 6



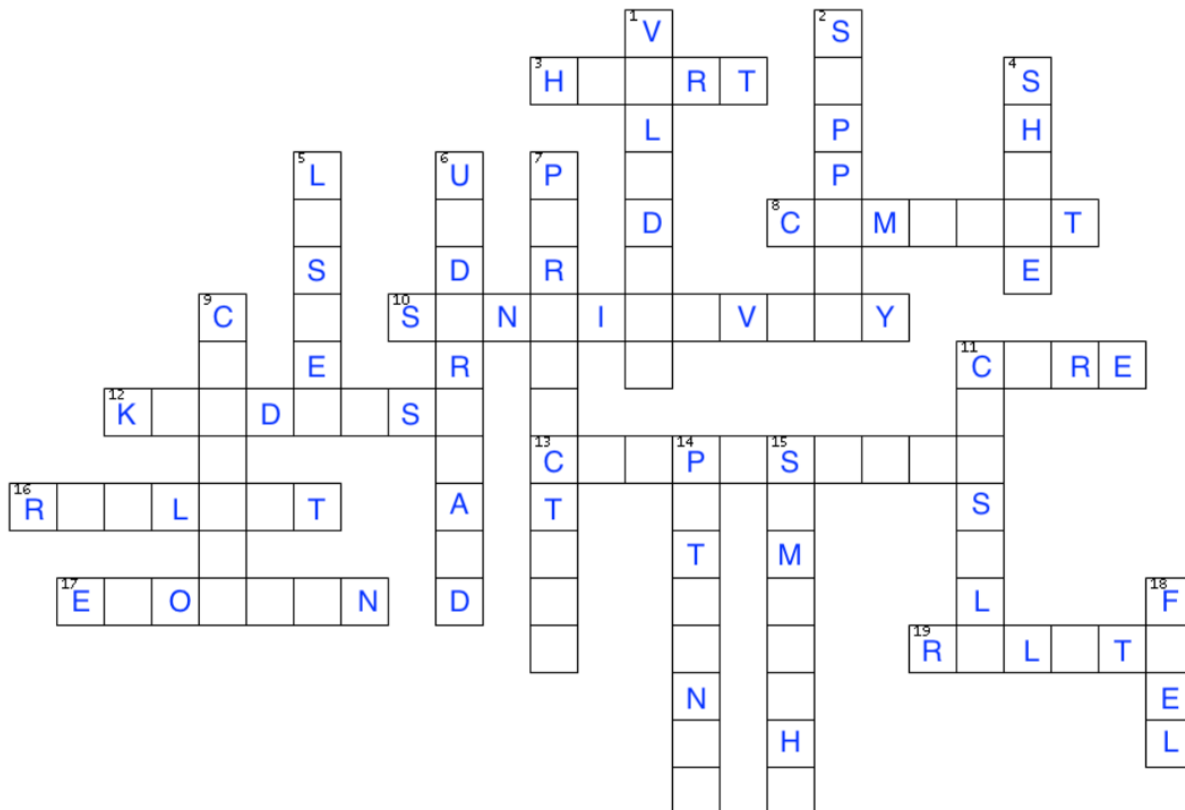
DOWN

1. Hear what someone else is saying.
2. Being nice and caring towards others.
3. Understand or connect with a feeling or story.
6. Giving help or encouragement.
7. To be concerned about others.

Wow! © SELPOWER

MEDIUM

EMPATHY



ACROSS

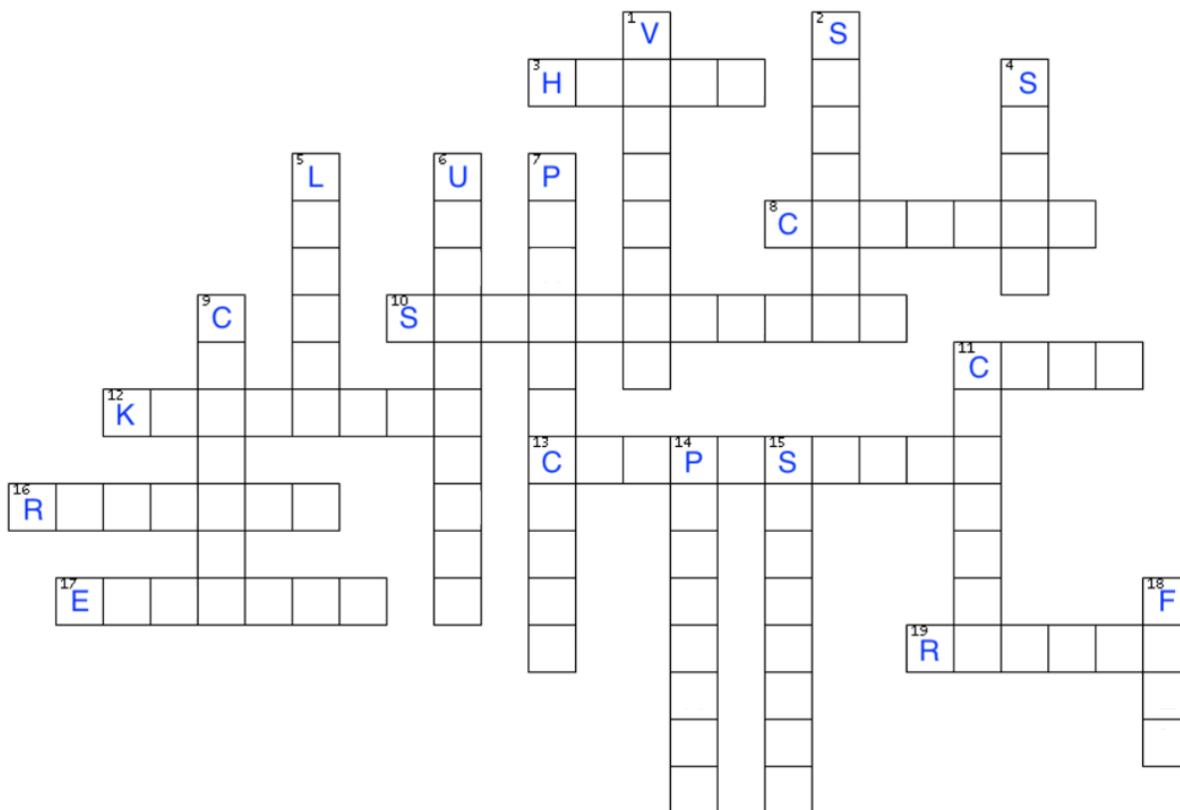
3. Symbol of love and understanding.
8. Make someone feel better.
10. Being aware of and understanding feelings.
11. To be concerned about others.
12. Being nice and caring towards others.
13. Deep care for others.
16. Think deeply about feelings.
17. Feelings like joy, sadness, anger, or love.
19. Understand or connect with a feeling or story.

DOWN

1. Recognize or affirm someone's feelings.
2. Giving help or encouragement.
4. To have or use with others.
5. Hear what someone else is saying.
6. Get how someone else feels.
7. Seeing things from someone else's viewpoint.
9. Form a bond with someone.
11. Help someone feel better when they're sad.
14. Understanding without getting upset.
15. Feeling sorry for someone's trouble.
18. To experience an emotion.

HARD

EMPATHY



ACROSS

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EASY

FRIENDSHIP

Crossword grid:

```
      |   |   |   |   |  
      |   |   |   | D |  
      | T |   | N |   |  
      | G |   | Y |   |  
      |   |   |   |   | S | T  
      | H |   |   |   |   |  
      |   |   |   |   |   |  
  
S    C    E    T  
H  
  
L     Y     L  
       R  
H           P  
U           
G        Y  
          
```

ACROSS

- A close connection between friends.
- Believe in someone.
- Something you only tell a close friend.
- Always being there for a friend.
- Giving a hand when needed.

DOWN

- Another word for friend.
- Being with someone else.
- Let someone else have some too.
- Giggle or chuckle with joy.
- Have fun together.

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FRIENDSHIP



ACROSS

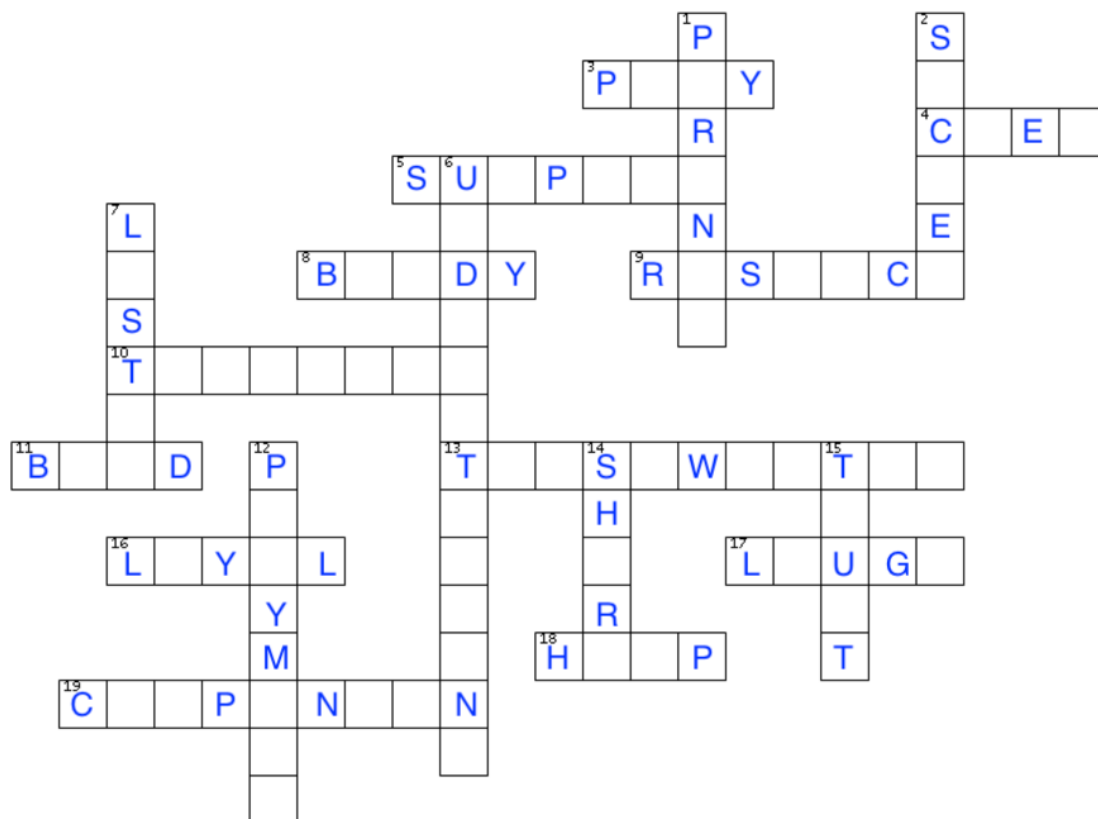
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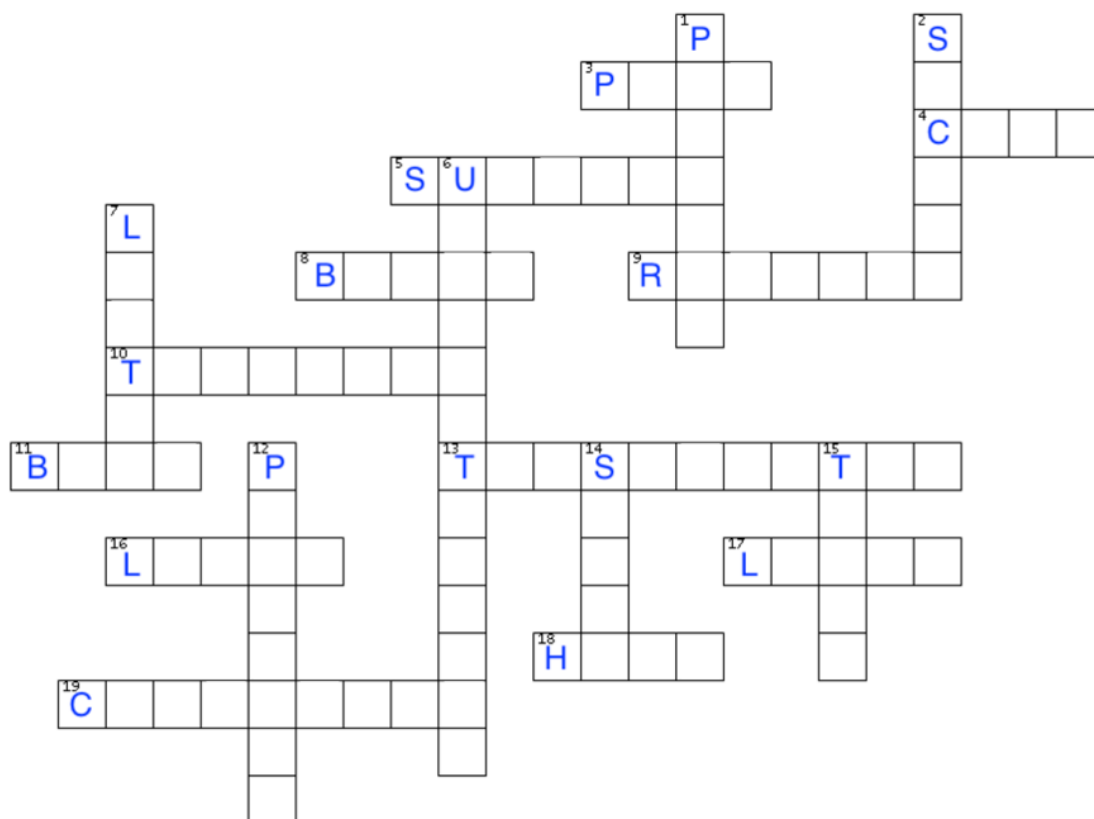
3. Have fun together.
4. Showing love or concern for a friend.
5. Being there for someone in need.
8. Another word for friend.
9. Treating a friend with kindness.
10. In each other's company.
11. A close connection between friends.
13. Can be trusted with secrets.
16. Always being there for a friend.
17. Giggle or chuckle with joy.
18. Giving a hand when needed.
19. Someone who is with you.

DOWN

1. Someone you work or play with.
2. Something you only tell a close friend.
6. Knowing and accepting a friend's feelings.
7. Paying attention when a friend talks.
12. A friend you play games with.
14. Let someone else have some too.
15. Believe in someone.

HARD

FRIENDSHIP



ACROSS

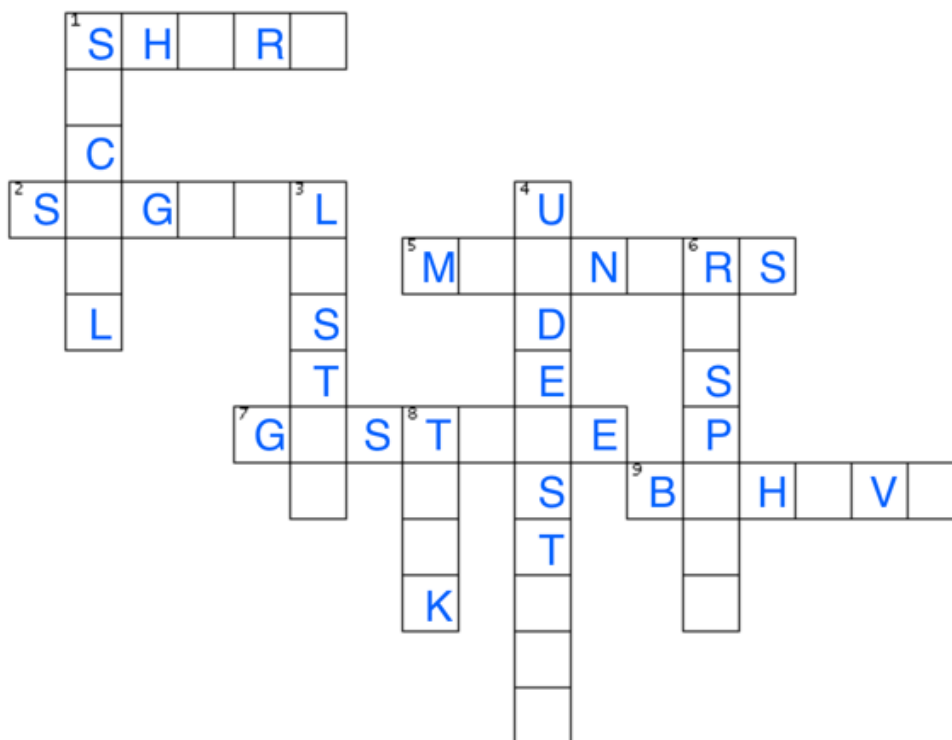
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EASY

SOCIAL SMARTS



ACROSS

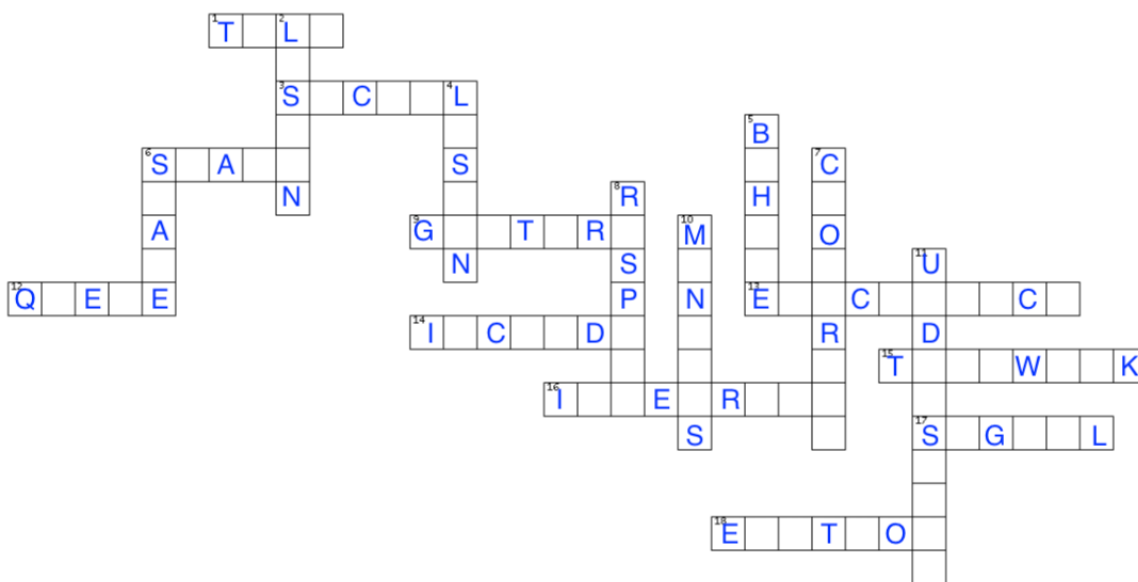
1. Taking turns or giving a part to others.
2. A sign or gesture that gives a message.
5. Being polite.
7. Moving hands or face to show something.
9. Acting in a good or specified way.

DOWN

1. Relating to others.
3. Use your ears.
4. Get the meaning of what someone says.
6. Treating others nicely.
8. Speak to someone.

MEDIUM

SOCIAL SMARTS



ACROSS

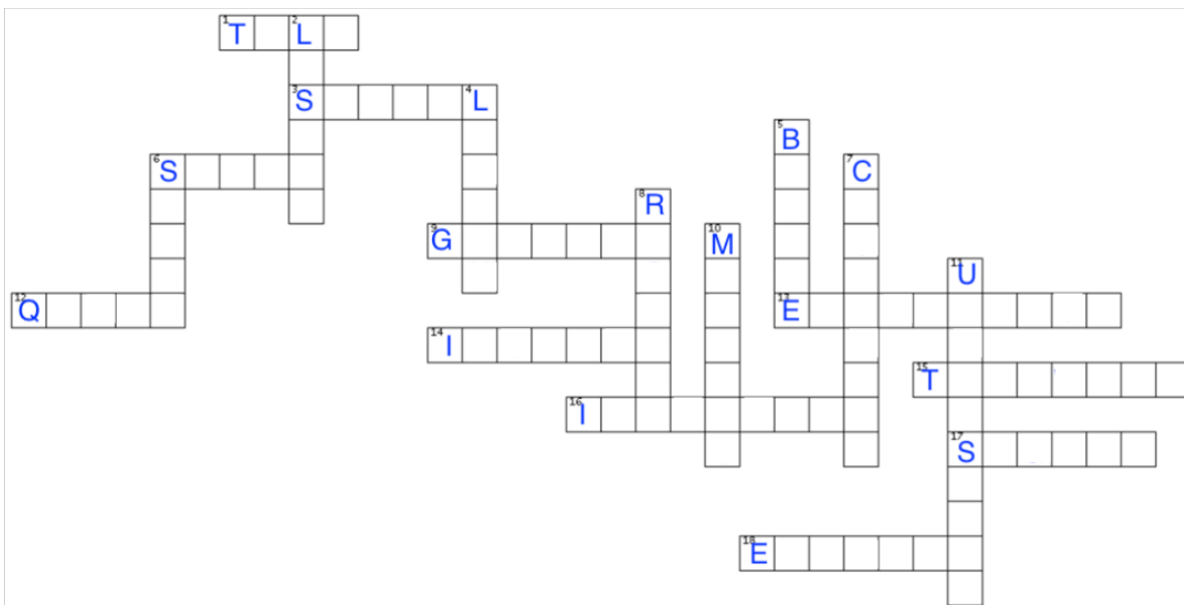
1. Speak to someone.
3. Relating to others.
6. Taking turns or giving a part to others.
9. Moving hands or face to show something.
12. Waiting in line politely.
13. Looking at someone when speaking.
14. Let everyone join in.
15. Working together to achieve a goal.
16. Talk when someone else is talking.
17. A sign or gesture that gives a message.
18. Feelings shown through expressions or voice.

DOWN

2. Pay attention to what someone says.
4. Use your ears.
5. Acting in a good or specified way.
6. Giving someone their personal area.
7. Work together with others.
8. Treating others nicely.
10. Being polite.
11. Get the meaning of what someone says.

HARD

SOCIAL SMARTS



ACROSS

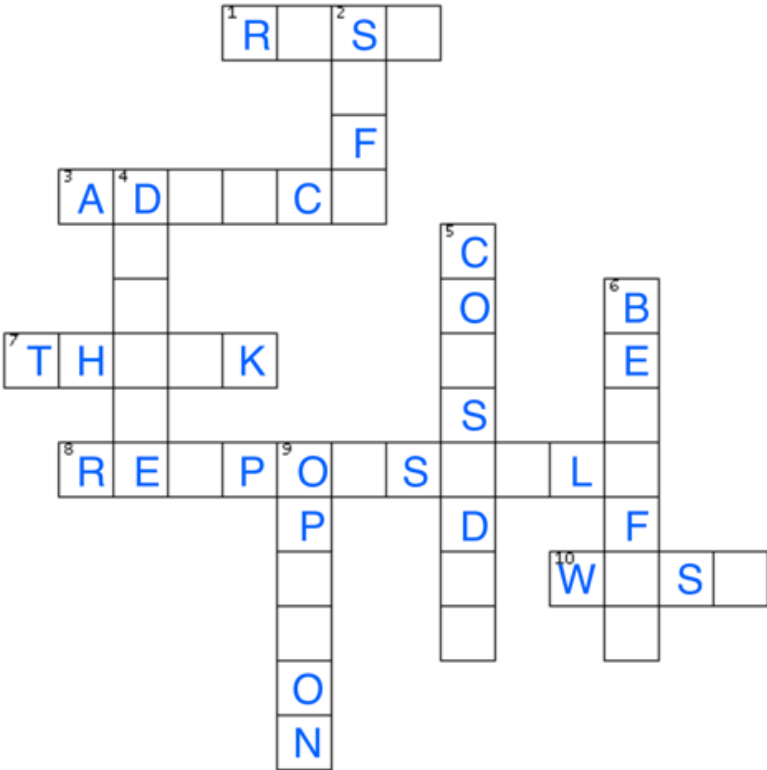
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SMART CHOICES



ACROSS

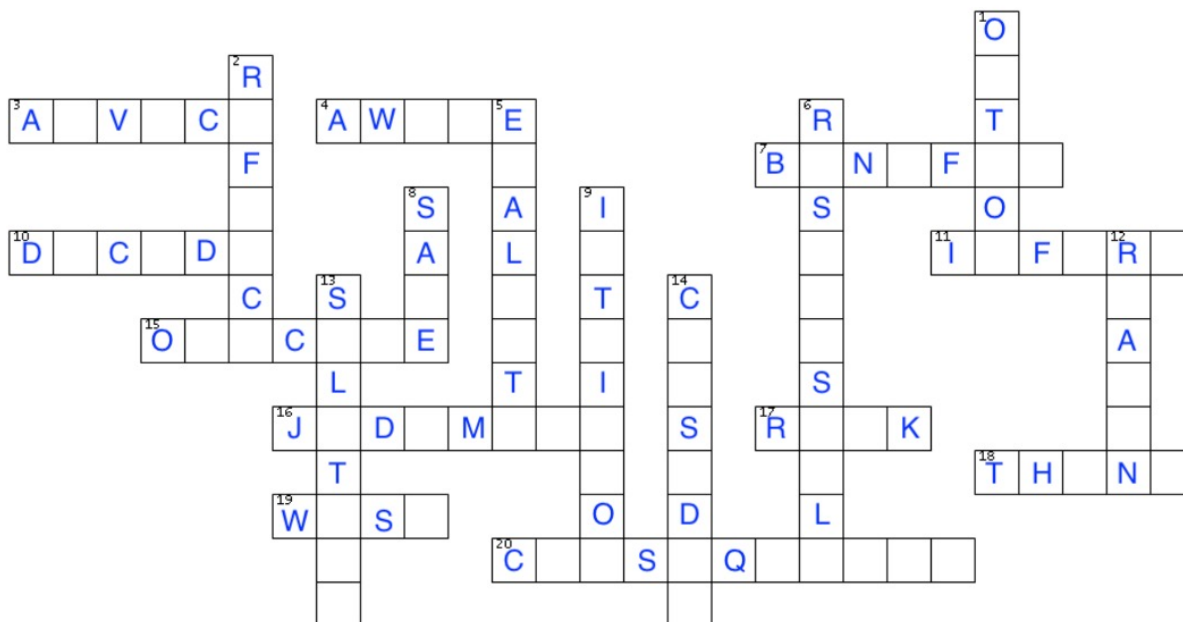
1. A chance of danger.
3. Suggestions from others.
7. Use your brain before acting.
8. Doing what you should.
10. Showing good judgement.

DOWN

- 2. Free from danger.
- 4. Make up your mind.
- 5. Think about before deciding.
- 6. A positive effect or advantage.
- 9. One of the choices available.

MEDIUM

SMART CHOICES



ACROSS

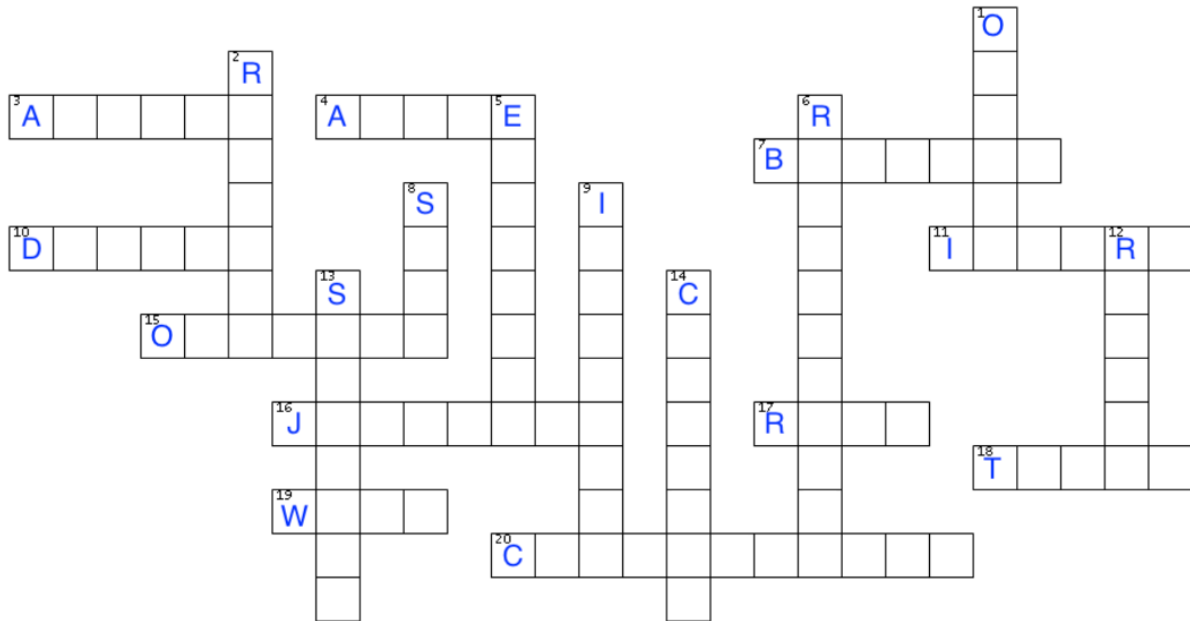
3. Suggestions from others.
4. Knowing or realizing.
7. A positive effect or advantage.
10. Make up your mind.
11. To give knowledge about a choice.
15. The result of a decision.
16. Making a decision or forming an opinion.
17. A chance of danger.
18. Use your brain before acting.
19. Showing good judgement.
20. What happens after a choice.

DOWN

1. One of the choices available.
2. Think deeply before making a decision.
5. Judge the worth or value.
6. Doing what you should.
8. Free from danger.
9. Feeling something without logical reason.
12. A cause or explanation.
13. Answer to a problem.
14. Think about before deciding

HARD

SMART CHOICES



ACROSS

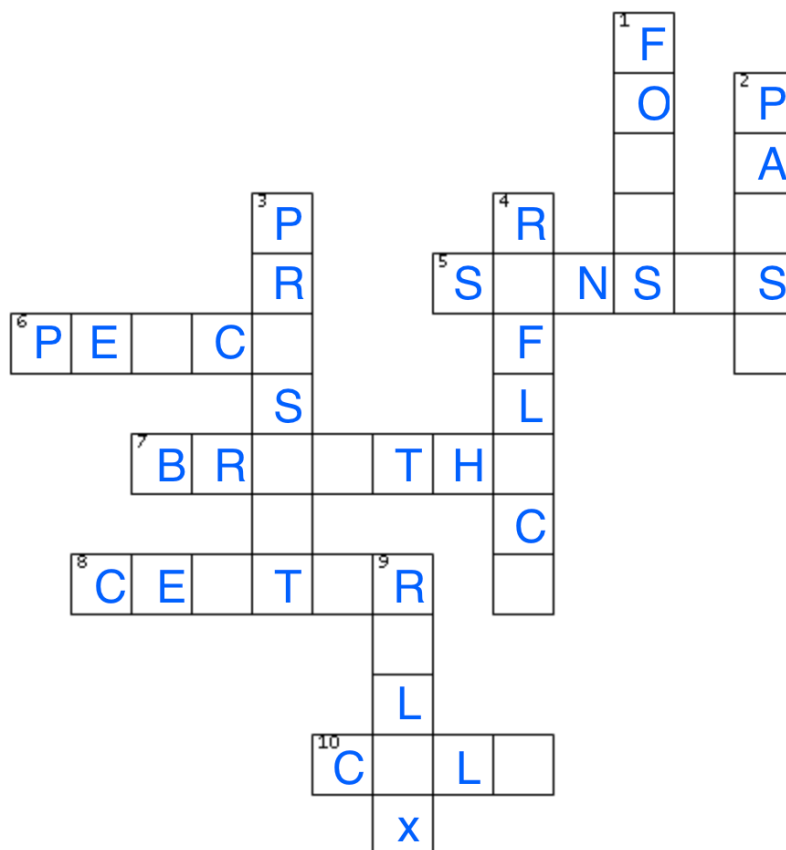
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EASY

MINDFULNESS



ACROSS

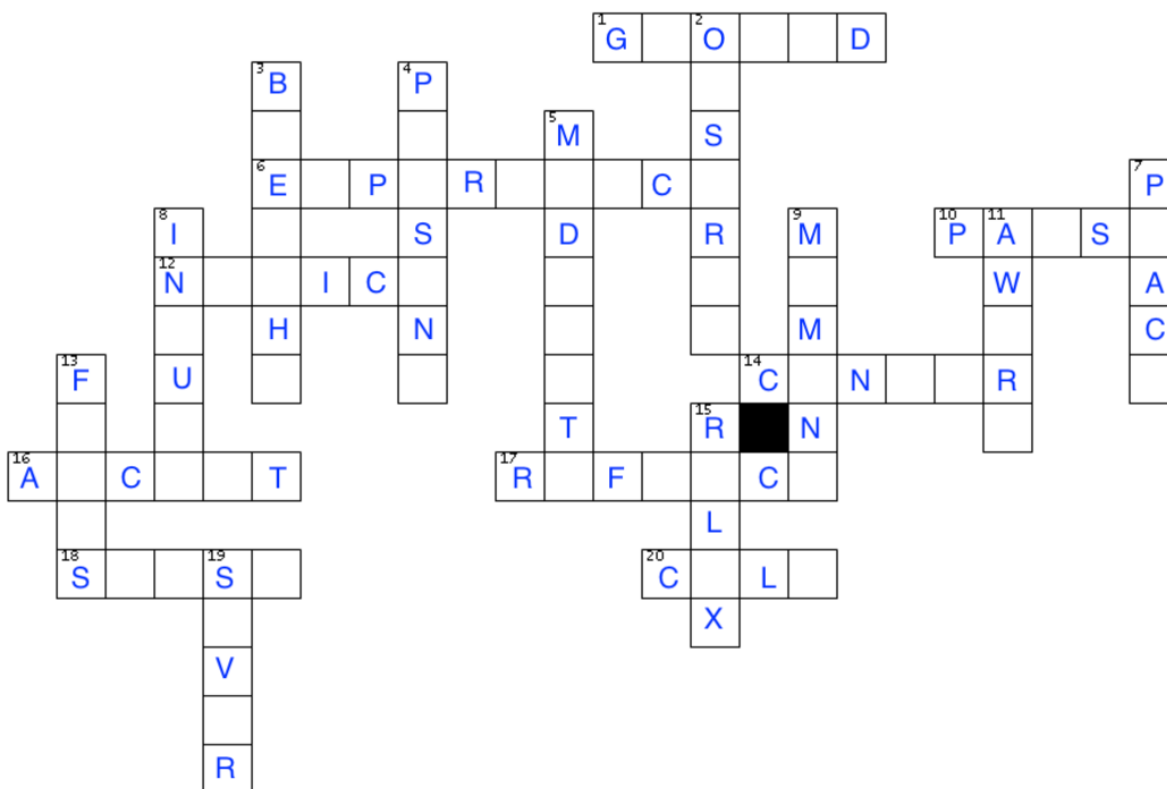
- Using your eyes, ears, nose, skin, and tongue.
- Quiet and calm state.
- Taking in and letting out air.
- Find balance and calm.
- Feeling peaceful.

DOWN

- Pay close attention.
- Stop for a moment.
- Being in the moment.
- Think deeply.
- Rest and feel at ease.

MEDIUM

MINDFULNESS



ACROSS

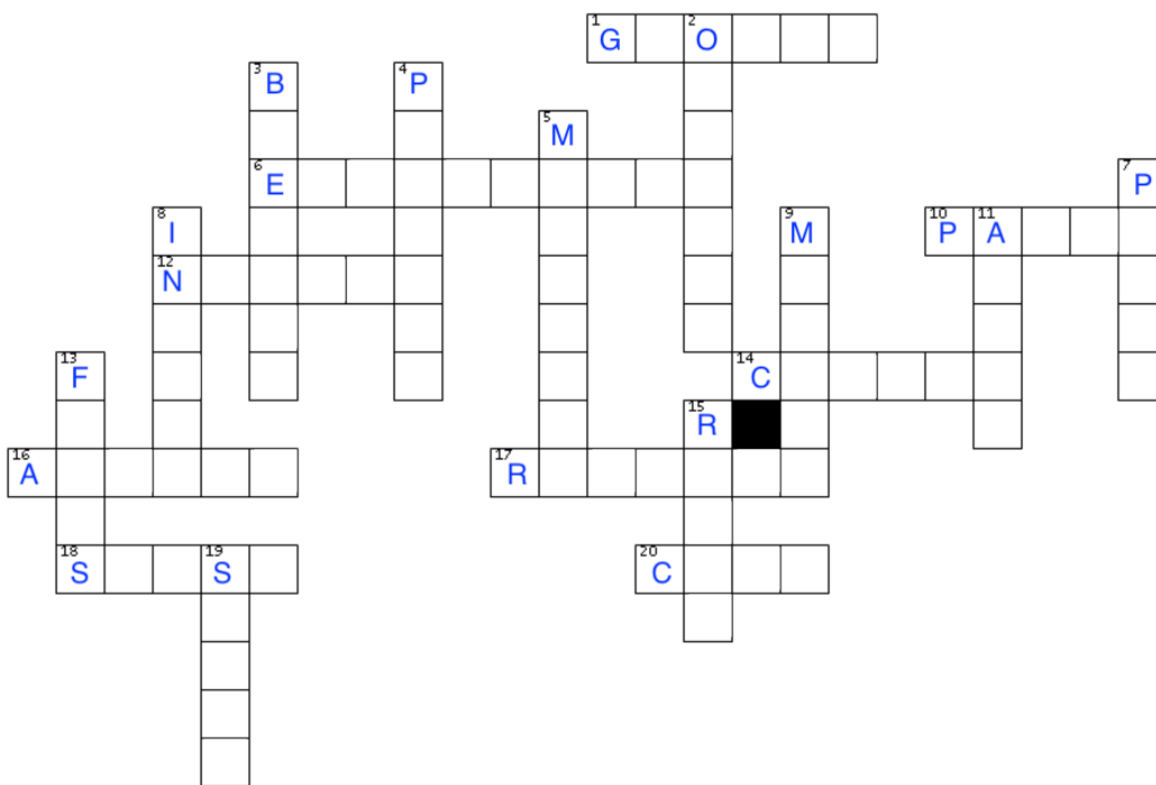
1. Connect with the earth and the present.
6. Something you live through or feel.
10. Stop for a moment.
12. See or become aware of.
14. Find balance and calm.
16. Embrace feelings without judgment.
17. Think deeply.
18. Using your eyes, ears, nose, skin, and tongue.
20. Feeling peaceful.

DOWN

2. Watch closely.
3. Taking in and letting out air.
4. Being in the moment.
5. Sitting quietly and focusing.
7. Quiet and calm state.
8. Being closely connected to your feelings.
9. A short period of time.
11. Knowing and noticing.
13. Pay close attention.
15. Rest and feel at ease.
19. Enjoying the current experience.

HARD

MINDFULNESS



ACROSS

1. Connect with the earth and the present.
6. Something you live through or feel.
10. Stop for a moment.
12. See or become aware of.
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EASY

GRATITUDE



ACROSS

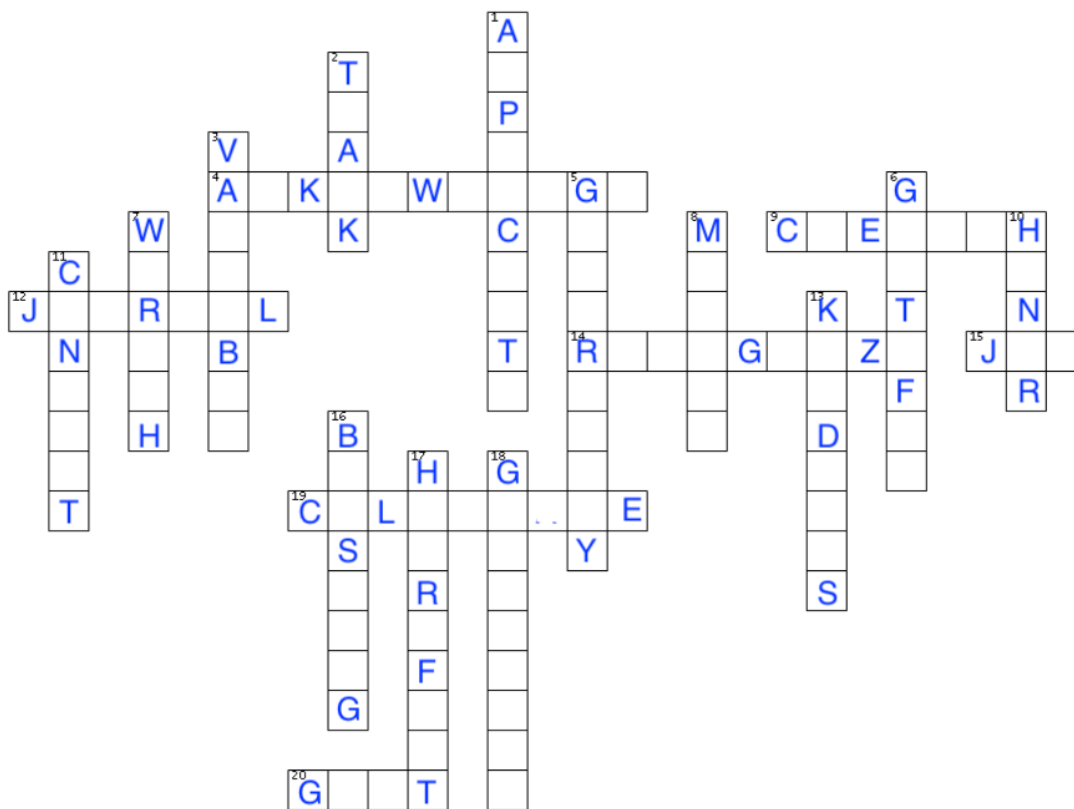
2. A book where you write your feelings.
4. Marking a special moment with joy.
5. Feeling thankful.
7. Remembering good times.
8. Feeling very happy.

DOWN

1. Showing thanks through actions.
3. A strong feeling of thankfulness.
4. Value dearly.
5. Something given to show appreciation.
6. Respect and appreciation.

MEDIUM

GRATITUDE



ACROSS

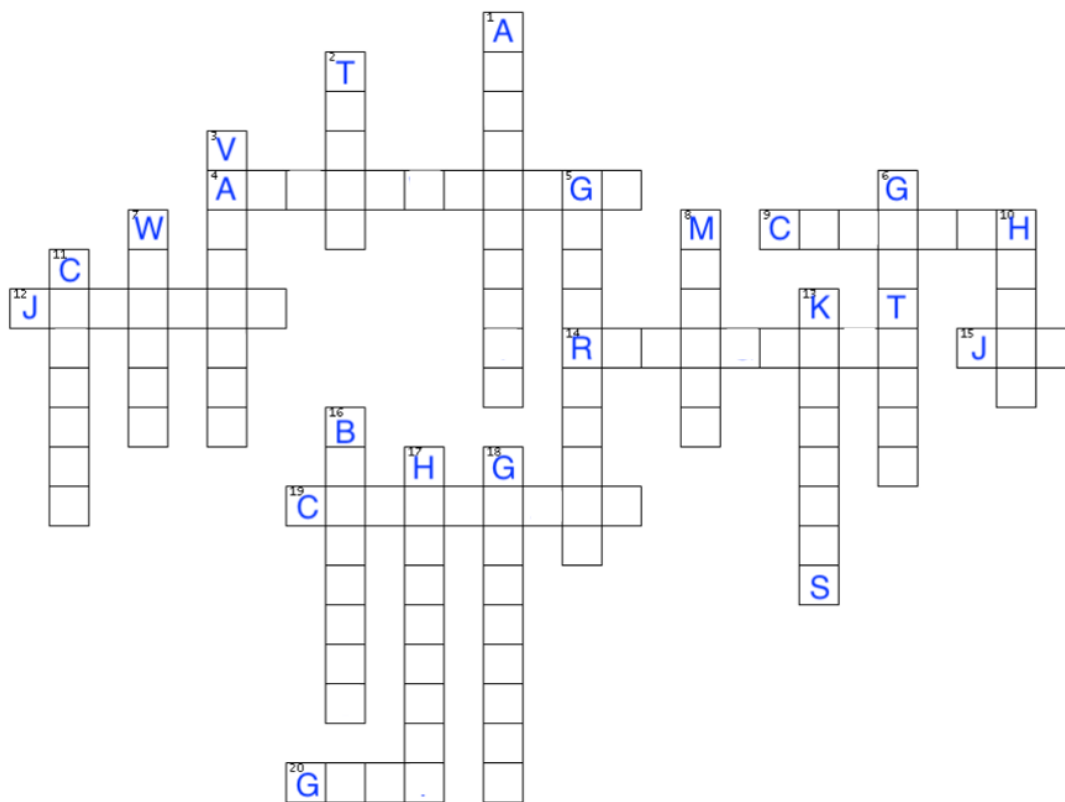
4. Recognize or admit.
9. Value dearly.
12. A book where you write your feelings.
14. Acknowledge someone's effort.
15. Feeling very happy.
19. Marking a special moment with joy.
20. Something given to show appreciation.

DOWN

1. Valuing something or someone.
2. Expressing appreciation.
3. Something precious or important.
5. Giving freely.
6. Feeling thankful.
7. A feeling of comfort.
8. Remembering good times.
10. Respect and appreciation.
11. Feeling satisfied with what you have.
13. Showing thanks through actions.
16. A good thing you have.
17. Sincere and deep feelings.
18. A strong feeling of thankfulness.

HARD

GRATITUDE



ACROSS

4. Recognize or admit.
9. Value dearly.
12. A book where you write your feelings.
14. Acknowledge someone's effort.
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EASY

RESPECT



ACROSS

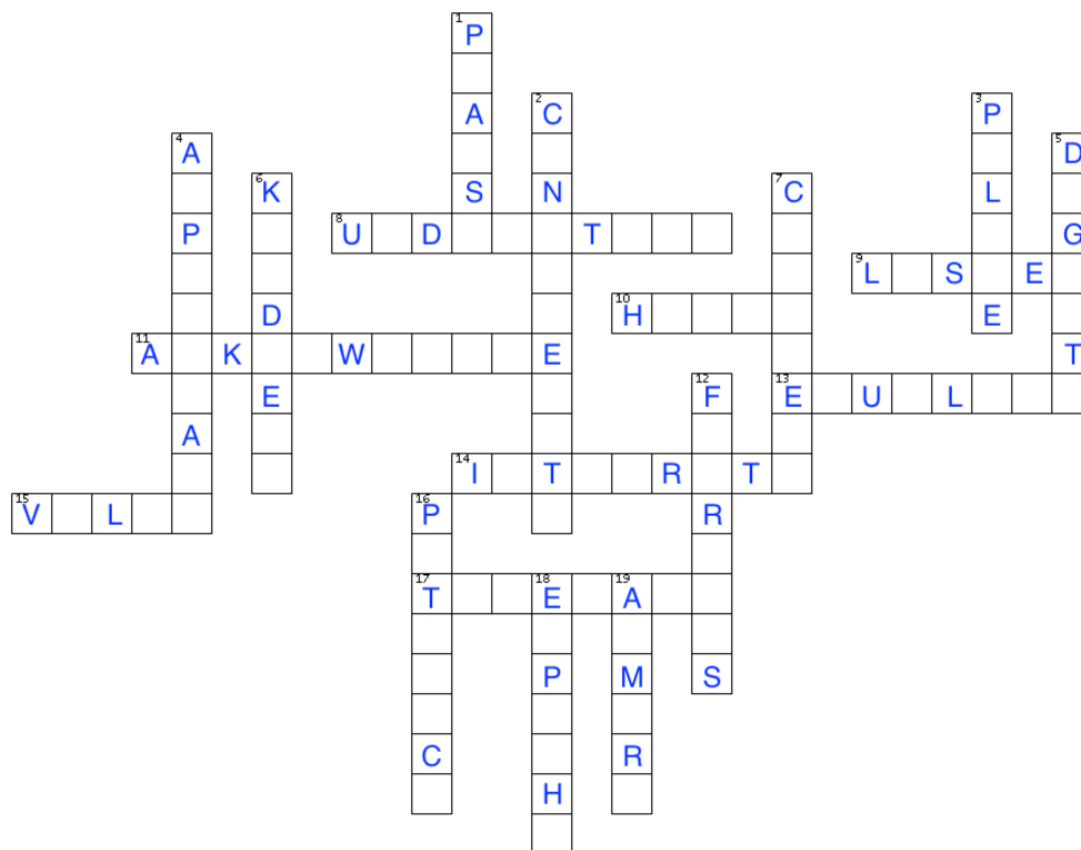
3. Being considerate and understanding.
6. Recognize the value of.
8. Pay attention to others.
9. Believe in someone's reliability.
10. Consider someone or something important.

DOWN

1. Recognize or admit.
2. Hold in high regard.
4. Treating others with worth.
5. Treating everyone equally.
7. Having good manners.

MEDIUM

RESPECT



ACROSS

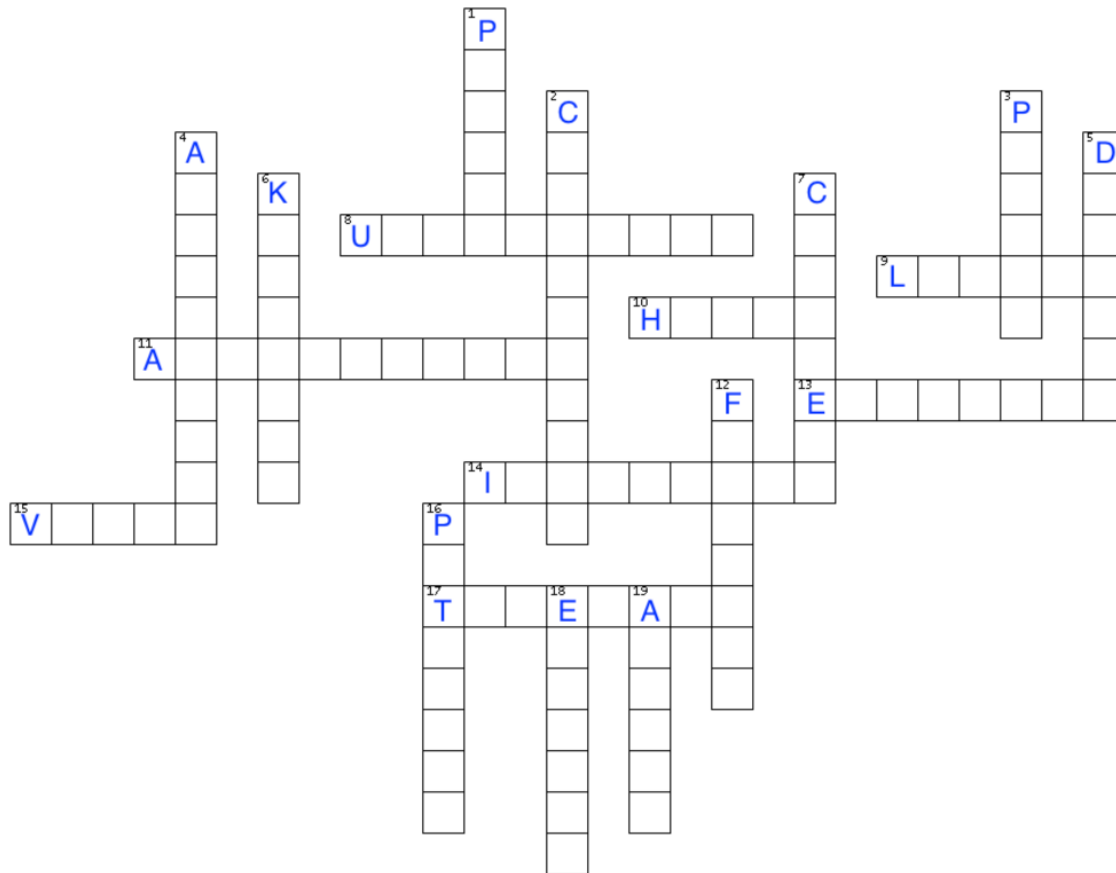
8. To know how someone feels or thinks.
9. Pay attention to others.
10. Hold in high regard.
11. Recognize or admit.
13. Being equal in status, rights, and opportunities.
14. Doing the right thing even when no one is watching.
15. Consider someone or something important.
17. Allow the existence or practice without interference.

DOWN

1. Express warm approval.
2. Thoughtful of others.
3. Having good manners.
4. Recognize the value of.
5. Treating others with worth.
6. Being considerate and understanding.
7. Polite behavior.
12. Treating everyone equally.
16. Waiting without getting upset or angry.
18. Understanding and sharing another's feelings.
19. To regard with respect or warm approval.

HARD

RESPECT



ACROSS

8. To know how someone feels or thinks.
9. Pay attention to others.
10. Hold in high regard.
11. Recognize or admit.
13. Being equal in status, rights, and opportunities.
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EASY

HONESTY

ACROSS

1. Saying you did something.
5. A commitment you keep.
7. Staying true to what's right.
10. Being real or authentic.

DOWN

2. Saying what you truly feel.
3. Confess to something.
4. Someone you can count on.
6. Authentic; not fake.
8. Being reliable and truthful.
9. Not hiding anything.

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HONESTY



ACROSS

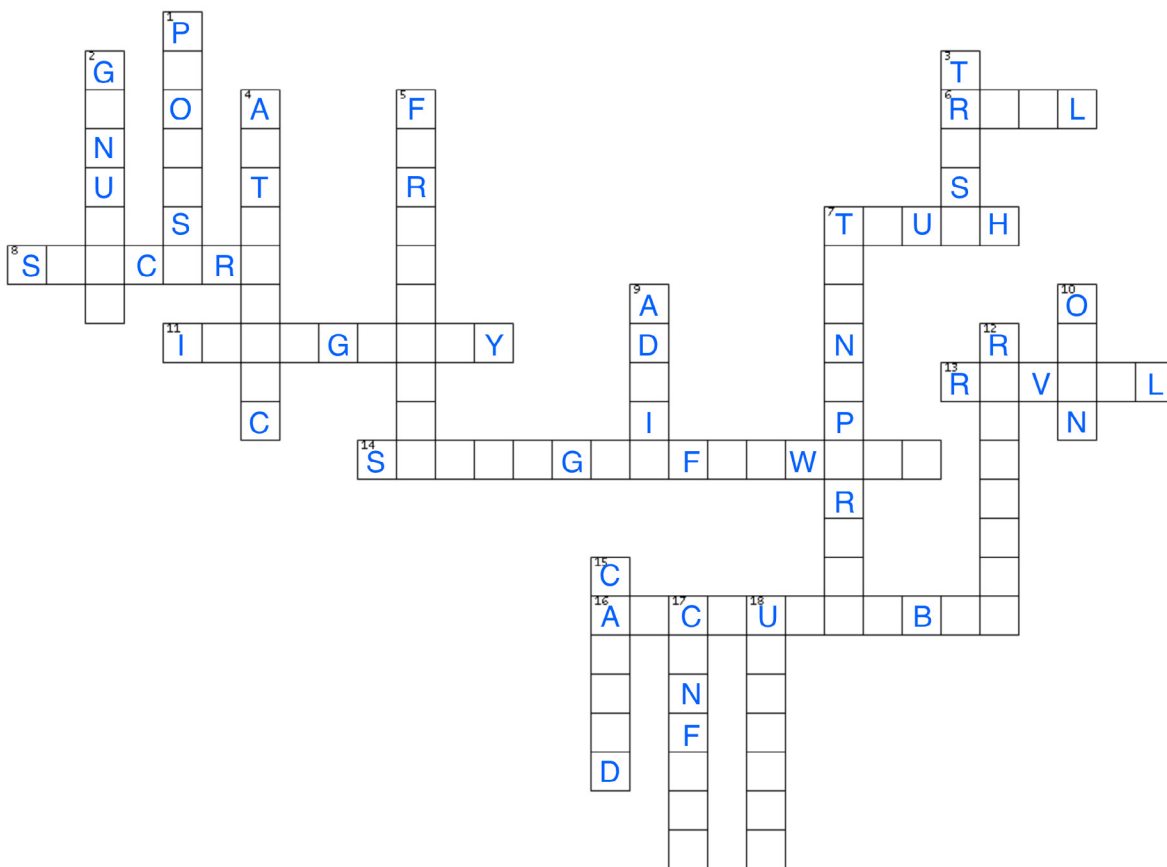
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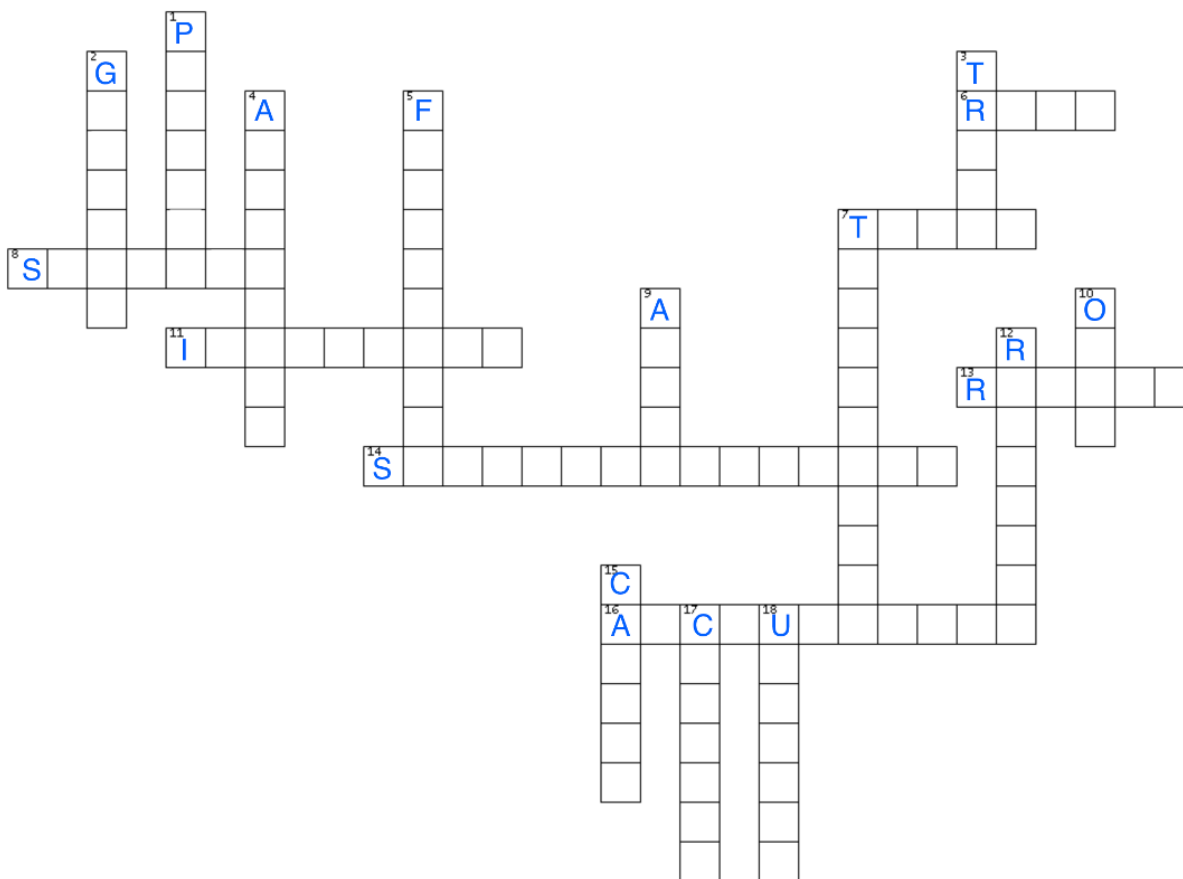
MEDIUM

HONESTY



HARD

HONESTY



ACROSS

6. Authentic; not fake.
7. The real facts.
8. Saying what you truly feel.
11. Staying true to what's right.
13. To show or make known.
14. Direct and honest.
16. Taking responsibility for actions.

DOWN

1. A commitment you keep.
2. Being real or authentic.
3. Being reliable and truthful.
4. Not fake or copied; real.
5. Directly forward; without hesitation.
7. Being clear, without secrets.
9. Confess to something.
10. Not hiding anything.
12. Someone you can count on.
15. Being straightforward or blunt.
17. Saying you did something.
18. Having strong moral principles.

EASY

ACTIVE LISTENING



ACROSS

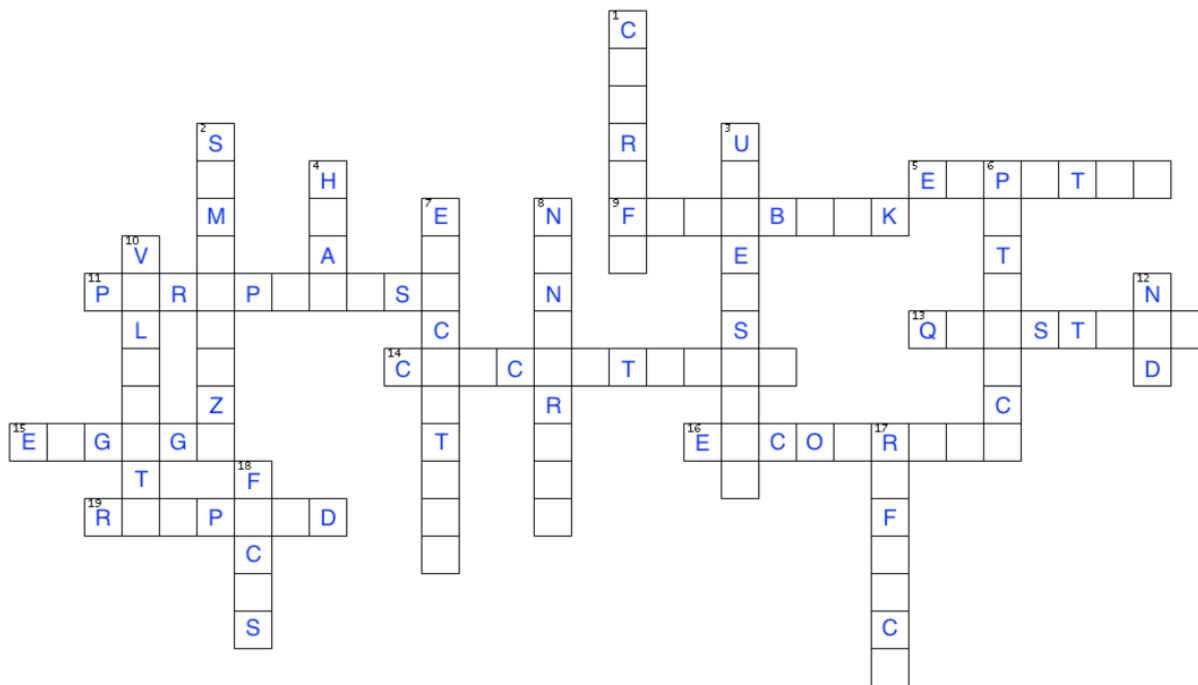
3. Move the head to show understanding.
4. Pay close attention.
6. Direct attention to.
7. Make clear or understandable.
8. Reply or react to what was said.
10. Use your ears to catch sounds.

DOWN

1. Asking for more information.
2. Give back information or opinion.
5. Grasp the meaning.
9. Be involved in the conversation.

MEDIUM

ACTIVE LISTENING



ACROSS

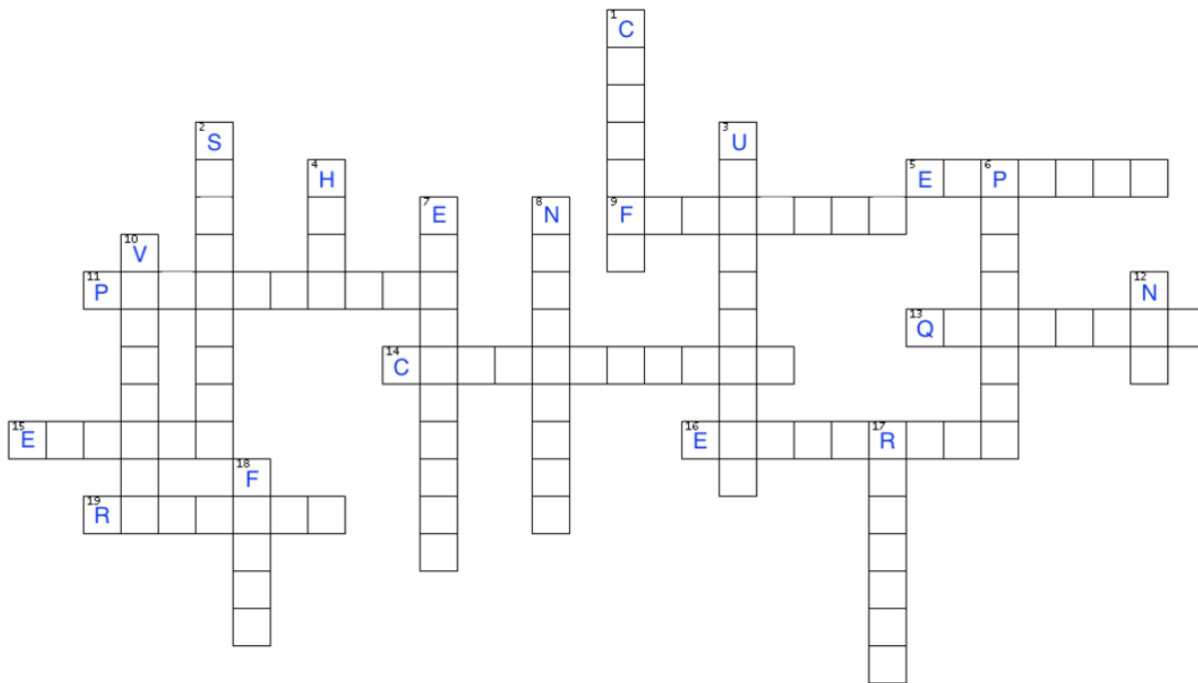
5. Feeling and understanding another's emotions.
9. Give back information or opinion.
11. Restate in your own words.
13. Asking for more information.
14. Direct attention to.
15. Be involved in the conversation.
16. Prompt the speaker to continue.
19. Reply or react to what was said.

DOWN

1. Make clear or understandable.
2. Briefly state the main points.
3. Grasp the meaning.
4. Use your ears to catch sounds.
6. Waiting and giving time to the speaker.
7. Looking directly into someone's eyes.
8. Communicate without words, like nodding.
10. Recognize or affirm someone's feelings.
12. Move the head to show understanding.
17. Think and speak about what was said.
18. Pay close attention.

HARD

ACTIVE LISTENING



ACROSS

5. Feeling and understanding another's emotions.
9. Give back information or opinion.
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EASY

CONFLICT RESOLUTION



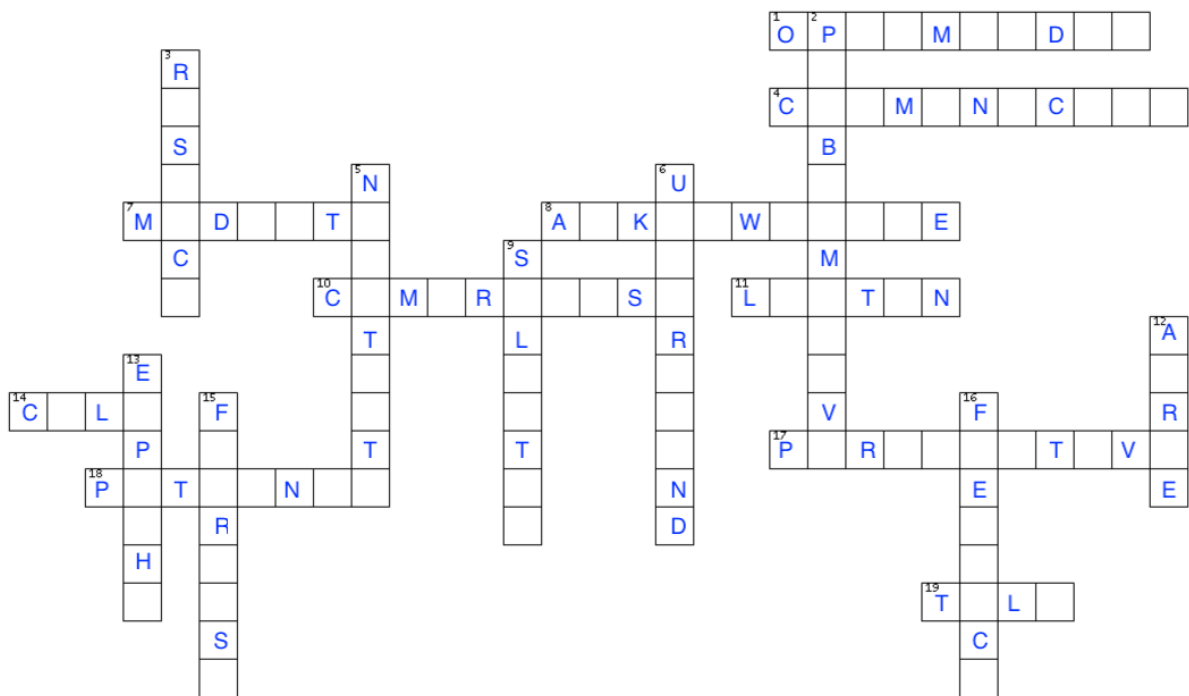
ACROSS

2. Treating all involved equally.
3. Waiting and understanding without anger.
4. Finding an answer to the problem.
7. Giving and receiving constructive comments.
8. Find common ground.
9. Pay attention to what is being said.

DOWN

1. Grasp the other's viewpoint.
5. Valuing the other person's opinion.
6. Engage in a conversation.

CONFLICT RESOLUTION

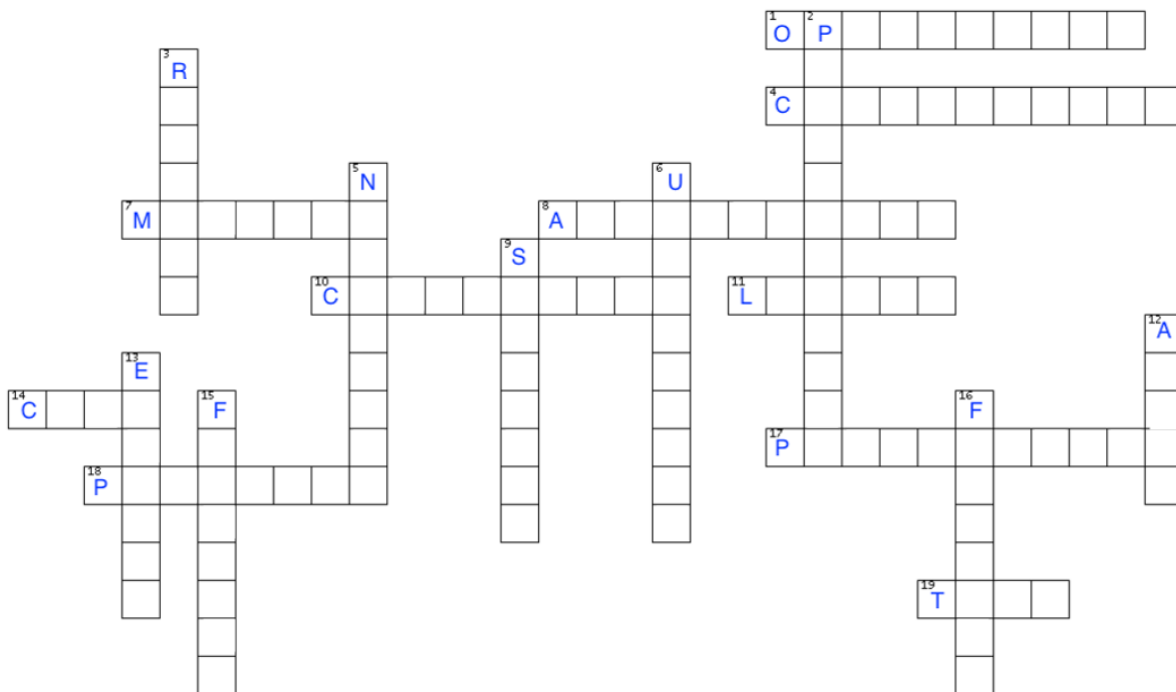


1. Willing to consider others' ideas.
4. Share thoughts and feelings.
7. Help others come to an agreement.
8. Recognize the feelings and views of others.
10. Find a middle ground.
11. Pay attention to what is being said.
14. Keeping cool and composed.
17. Seeing from another's viewpoint.
18. Waiting and understanding with out anger.
19. Engage in a conversation.

2. Working together to fix an issue.
3. Valuing the other person's opinion.
5. Discussing to reach an agreement.
6. Grasp the other's viewpoint.
9. Finding an answer to the problem.
12. Find common ground.
13. Understand and share others' feelings.
15. Treating all involved equally.
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HARD

CONFLICT RESOLUTION



ACROSS

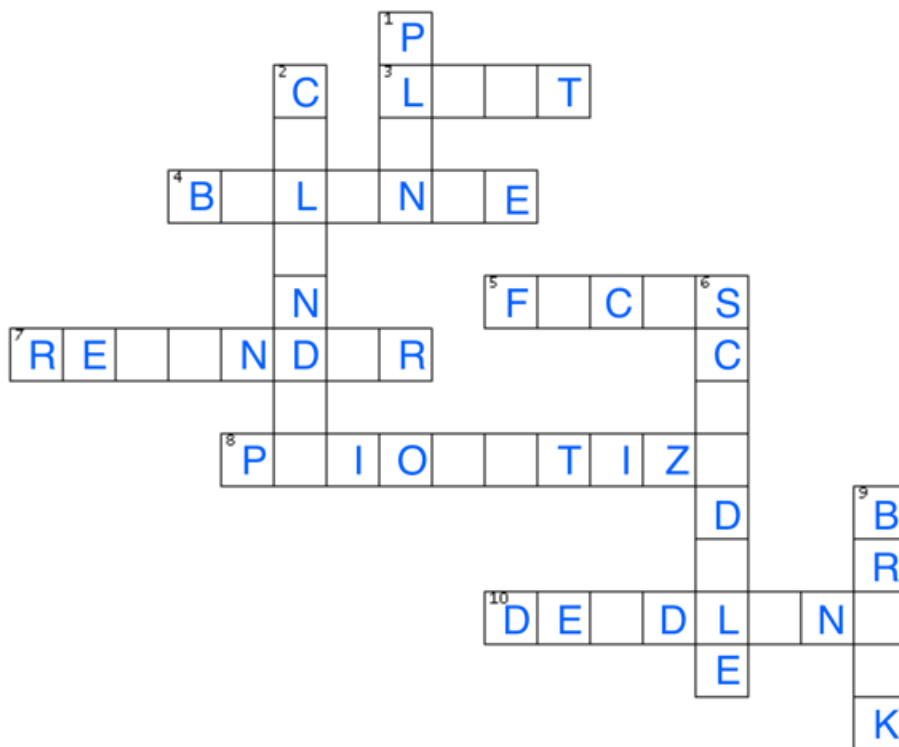
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DOWN

2. Working together to fix an issue.
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EASY

TIME MANAGEMENT



ACROSS

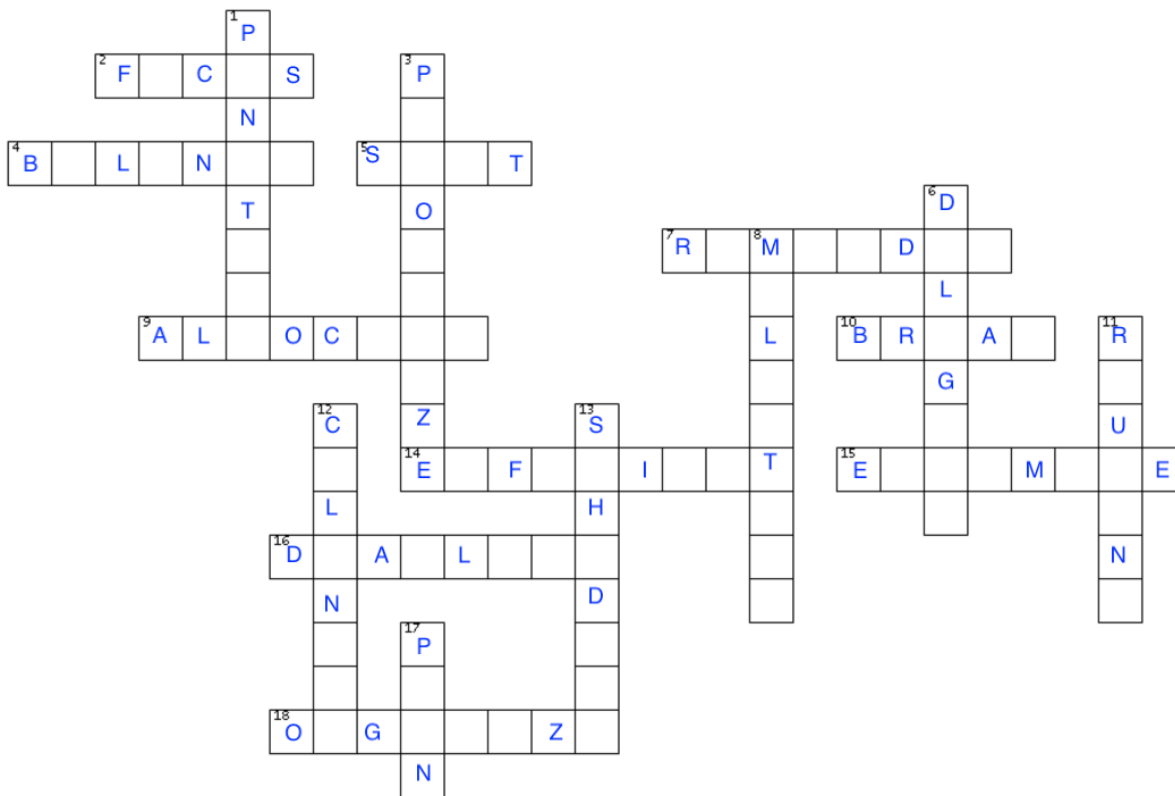
- Write down tasks to remember.
- Keeping work and leisure in harmony.
- Pay close attention to one task.
- Something that helps you remember.
- Rank tasks in order of importance.
- A date or time something is due.

DOWN

- Prepare in advance.
- A tool to track days and plans.
- A list of things to do at certain times.
- A short rest period.

MEDIUM

TIME MANAGEMENT



ACROSS

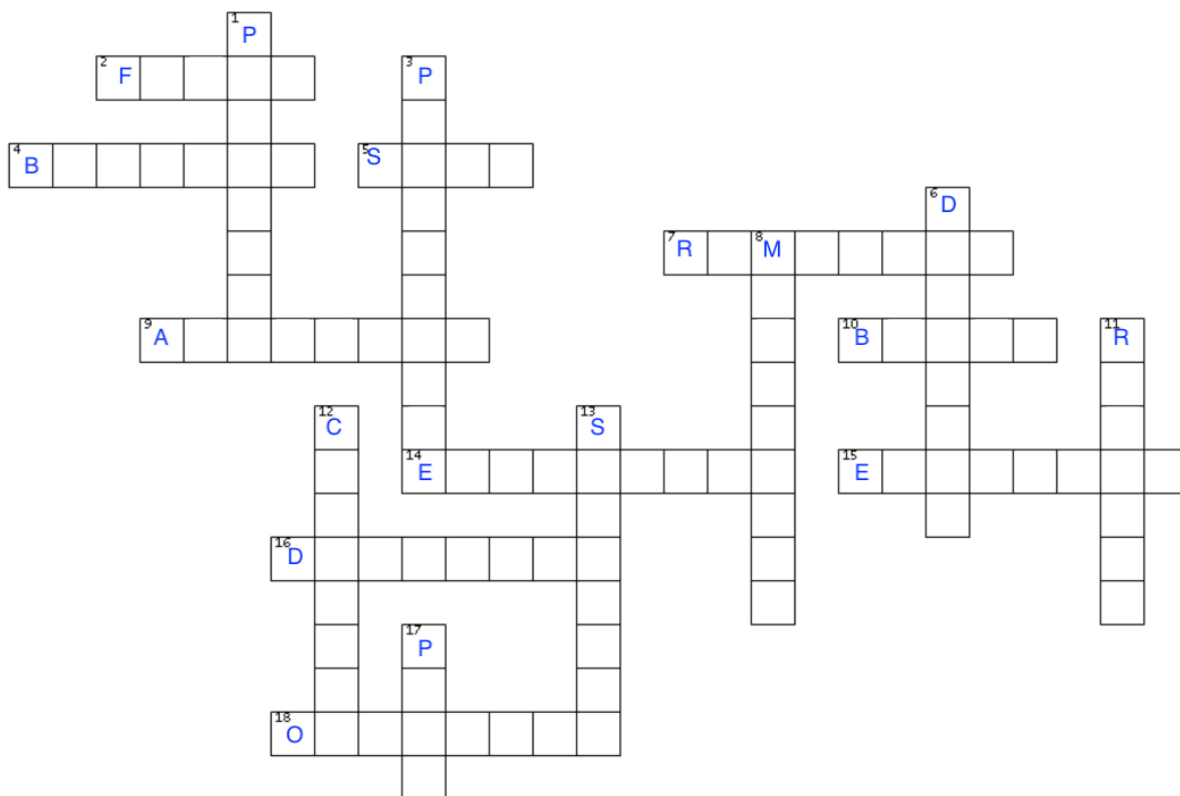
2. Pay close attention to one task.
4. Keeping work and leisure in harmony.
5. Write down tasks to remember.
7. Something that helps you remember.
9. Distribute time for specific tasks.
10. A short rest period.
14. Doing things in a way that saves time.
15. Guess how long a task will take.
16. A date or time something is due.
18. Arrange tasks or activities.

DOWN

1. Being on time.
3. Rank tasks in order of importance.
6. Assign tasks to others.
8. Doing several tasks at once.
11. A regular way of doing things.
12. A tool to track days and plans.
13. A list of things to do at certain times.
17. Prepare in advance.

HARD

TIME MANAGEMENT



ACROSS

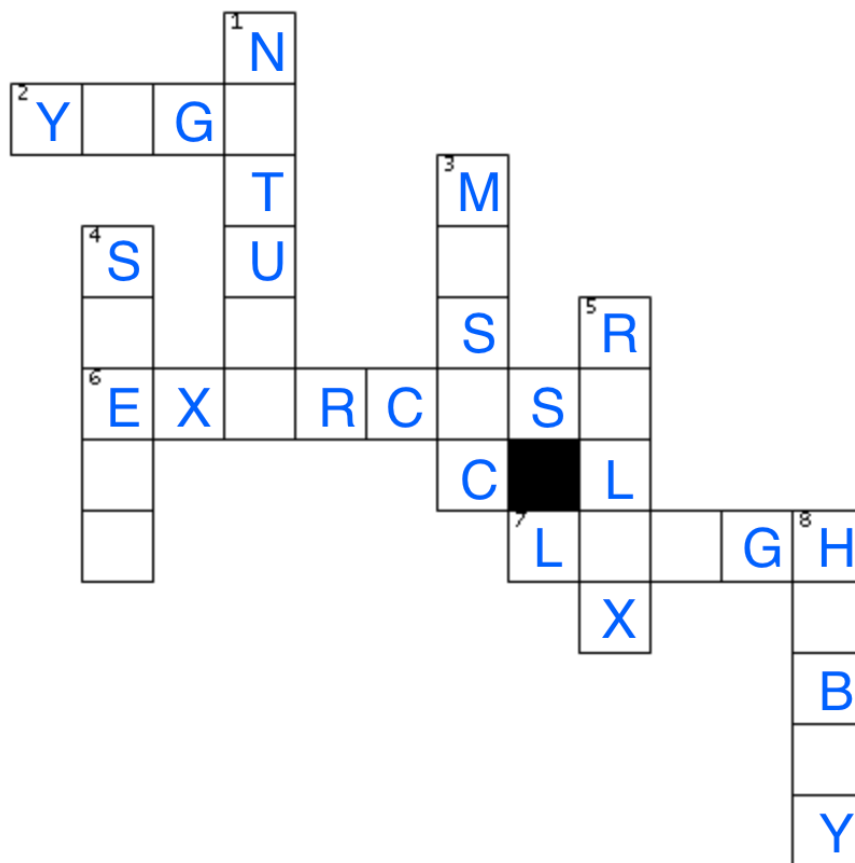
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EASY

STRESS MANAGEMENT



ACROSS

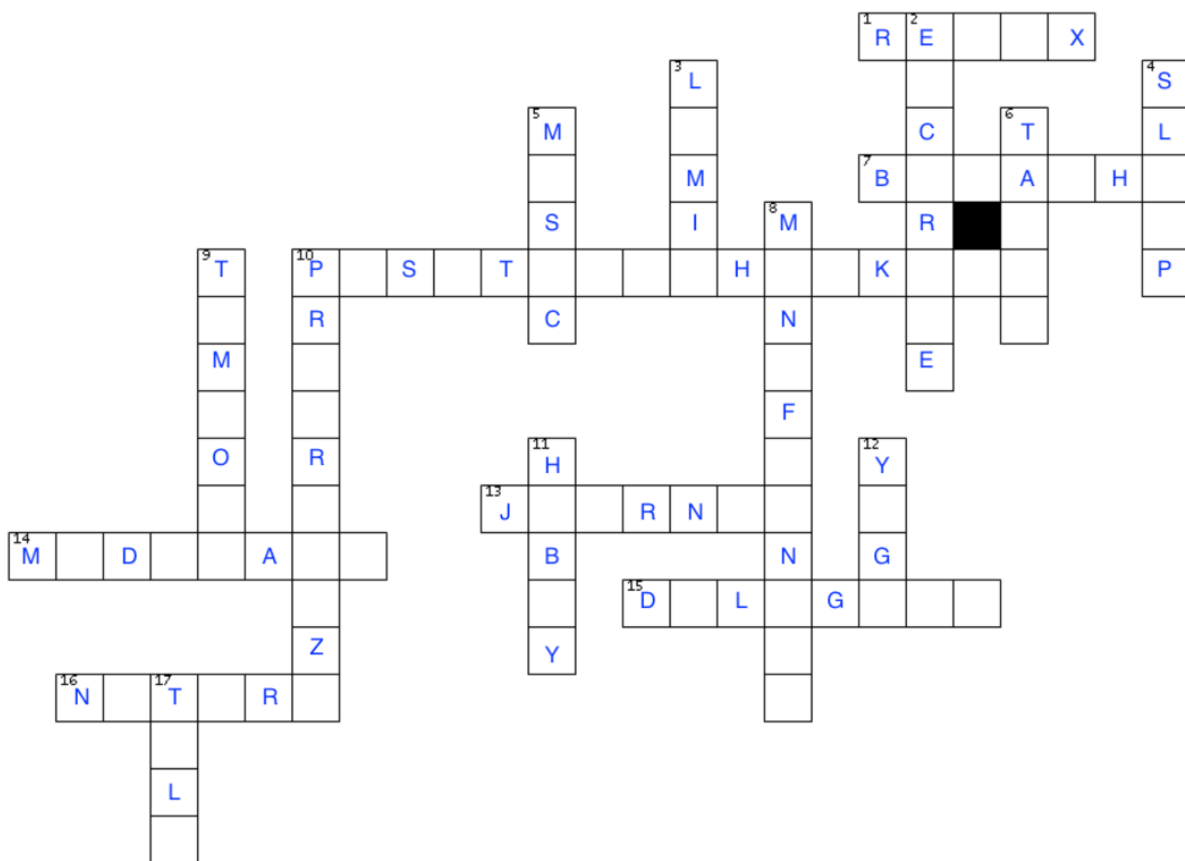
2. Physical postures and breathing to relax.
6. Physical activity to relieve tension.
7. Find humor to lighten the mood.

DOWN

1. Spend time outdoors to unwind.
3. Listen to tunes to relax.
4. Rest to recover energy.
5. To calm down or take it easy.
8. An activity done for fun and relaxation.

MEDIUM

STRESS MANAGEMENT



ACROSS

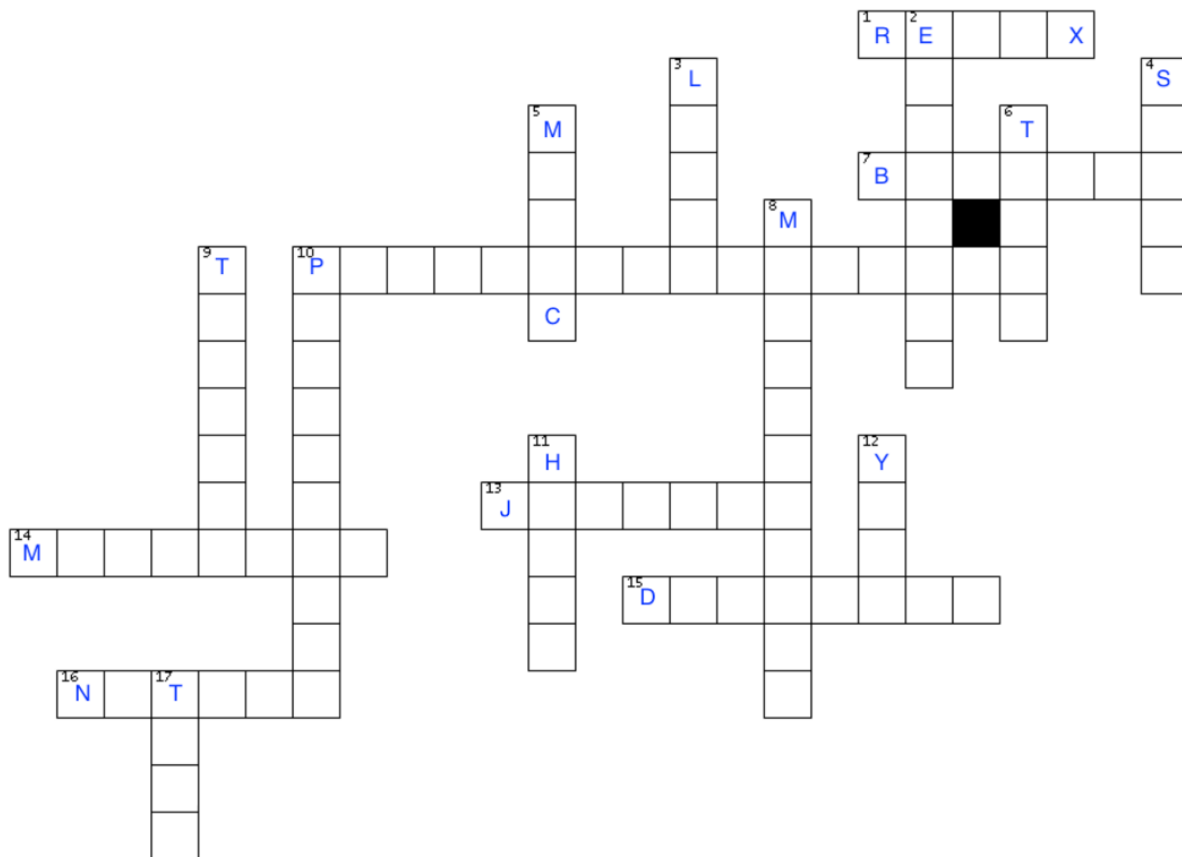
1. To calm down or take it easy.
7. Taking deep breaths to calm.
10. Focusing on the good side.
13. Write down feelings or thoughts.
14. Sit quietly and focus the mind.
15. Allow others to help with tasks.
16. Spend time outdoors to unwind.

DOWN

2. Physical activity to relieve tension.
3. Set boundaries on tasks or activities.
4. Rest to recover energy.
5. Listen to tunes to relax.
6. Find humor to lighten the mood.
8. Focus on the present moment.
9. Taking a short break.
10. Focus on most important tasks first.
11. An activity done for fun and relaxation.
12. Physical postures and breathing to relax.
17. Share feelings with someone.

HARD

STRESS MANAGEMENT



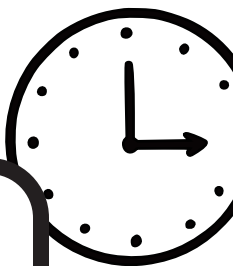
ACROSS

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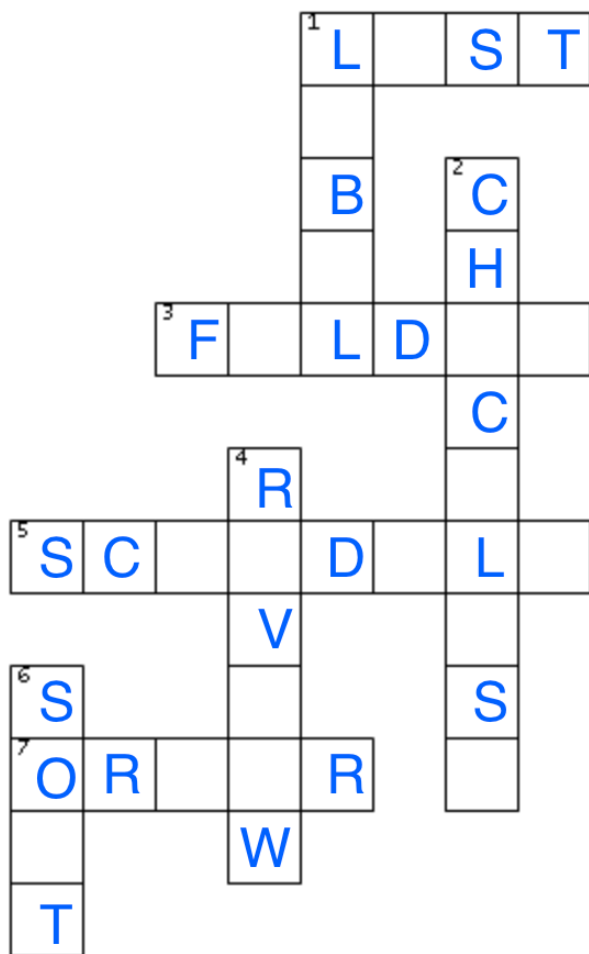
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10. Focus on most important tasks first.
11. An activity done for fun and relaxation.
12. Physical postures and breathing to relax.
17. Share feelings with someone.

TO DO



EASY

ORGANIZATIONAL SKILLS



ACROSS

1. Write tasks down to remember.
3. Use to store papers neatly.
5. Set specific times for tasks.
7. Arrange items in a specific sequence.

DOWN

1. Mark items for easy identification.
2. A list to track completed tasks.
4. Look over plans and tasks regularly.
6. Arrange items in a particular order.

GOAL

-
-
-

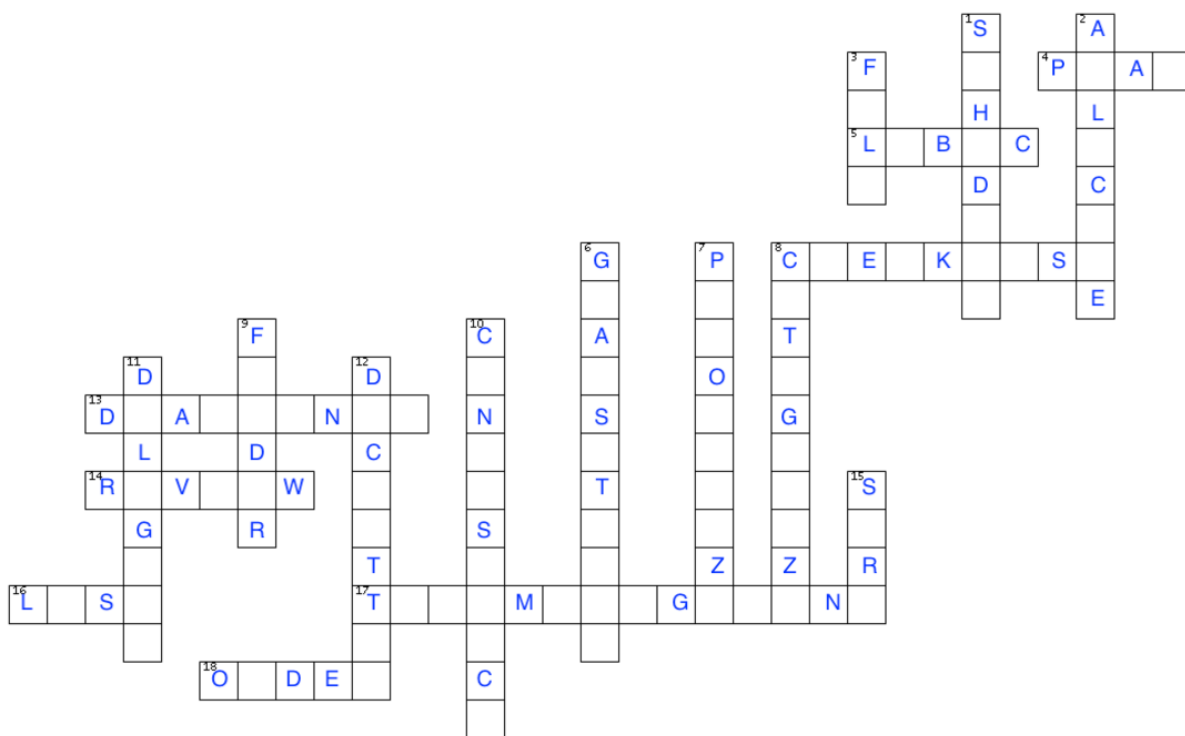
Today



TO DO

MEDIUM

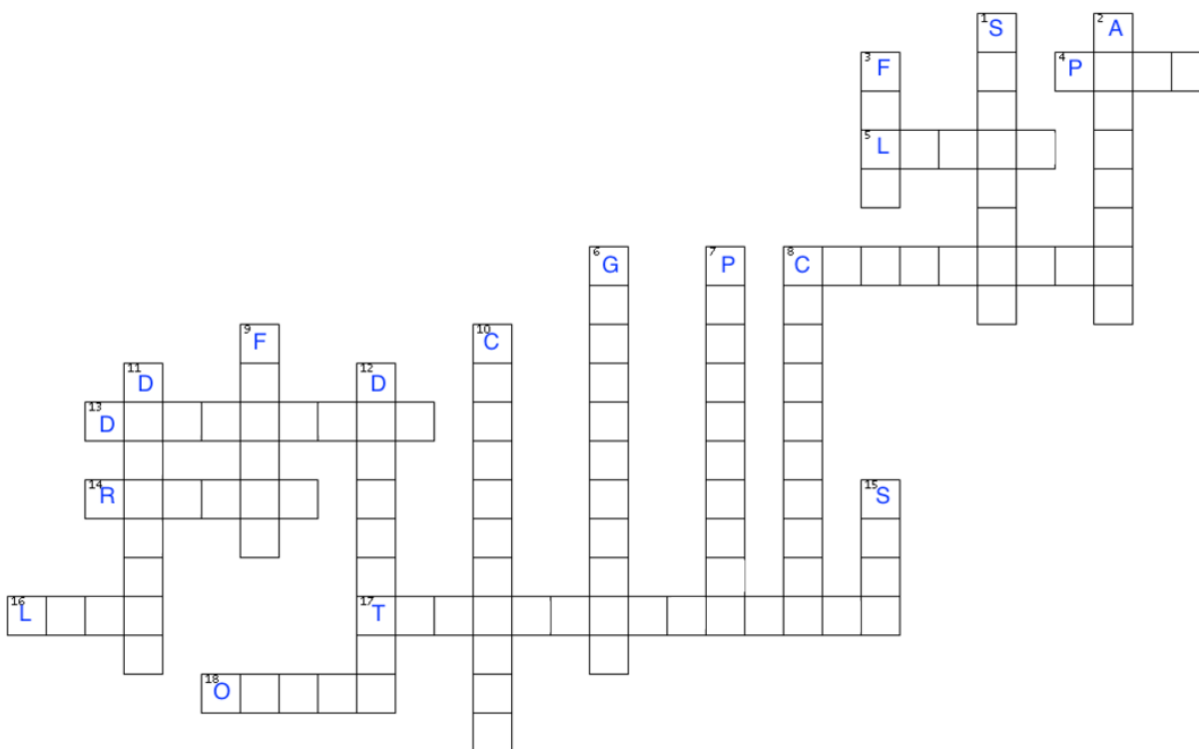
ORGANIZATIONAL SKILLS



TO DO

HARD

ORGANIZATIONAL SKILLS



ACROSS

4. Decide in advance how to do something.
5. Mark items for easy identification.
8. A list to track completed tasks.
13. Set dates when tasks need to be done.
14. Look over plans and tasks regularly.
16. Write tasks down to remember.
17. Plan and control time spent on tasks.
18. Arrange items in a specific sequence.

DOWN

1. Set specific times for tasks.
2. Assign resources or time to specific tasks.
3. Store papers in a specific place.
6. Decide on outcomes you aim to achieve.
7. Rank tasks by importance.
8. Group similar items or tasks together.
9. Use to store papers neatly.
10. Doing things in a similar way over time.
11. Assign tasks to others.
12. Remove unnecessary items.
15. Arrange items in a particular order.

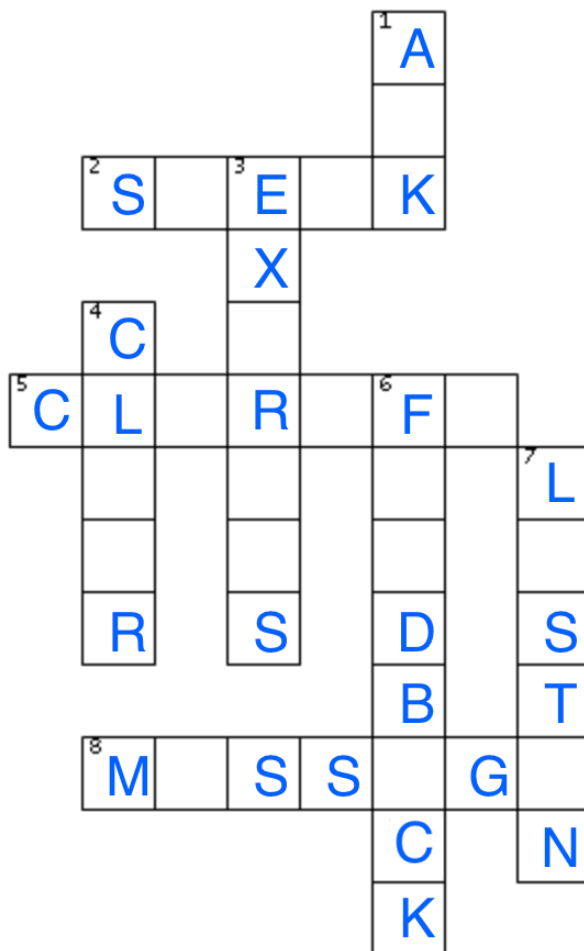
GOAL

Today



EASY

COMMUNICATION



ACROSS

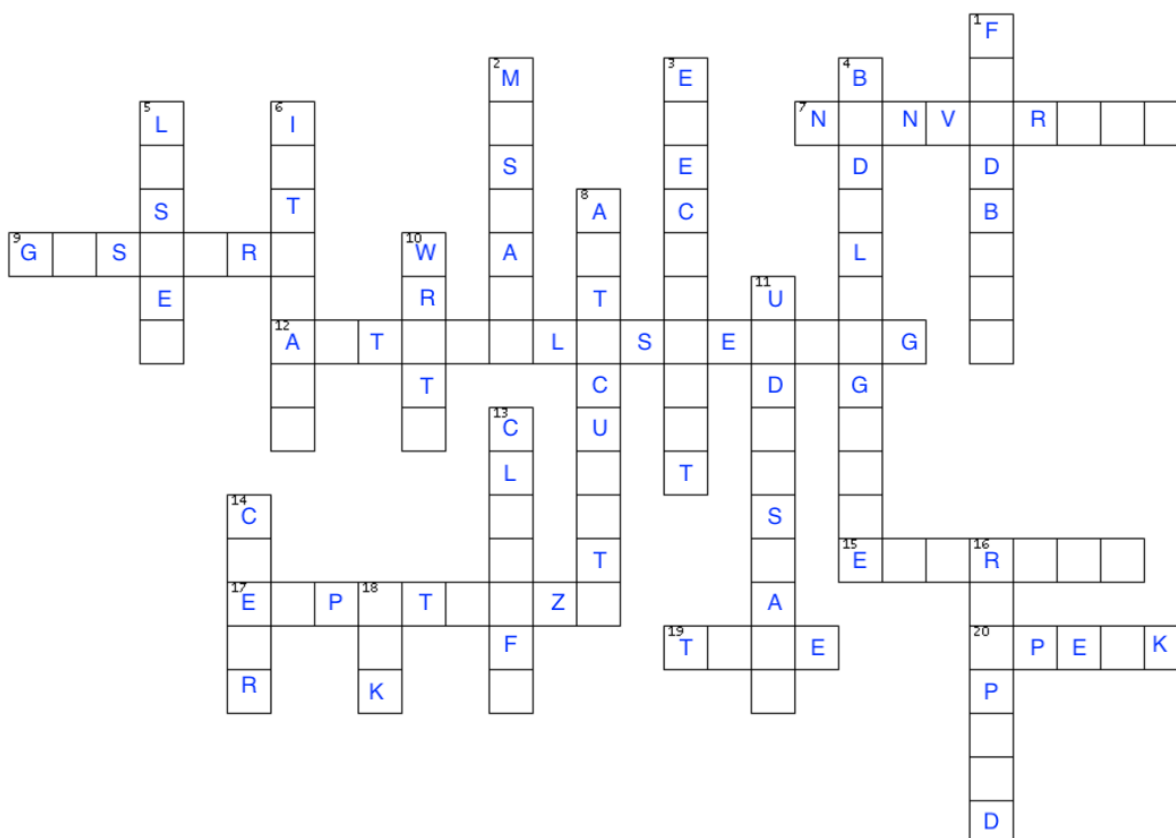
2. Use words to express.
5. Make something clear or easier to understand.
8. The information being shared.

DOWN

1. Pose a question to get information.
3. Show thoughts or feelings.
4. Easy to understand.
6. Responses and reactions to a message.
7. Pay attention to what someone says.

MEDIUM

COMMUNICATION



ACROSS

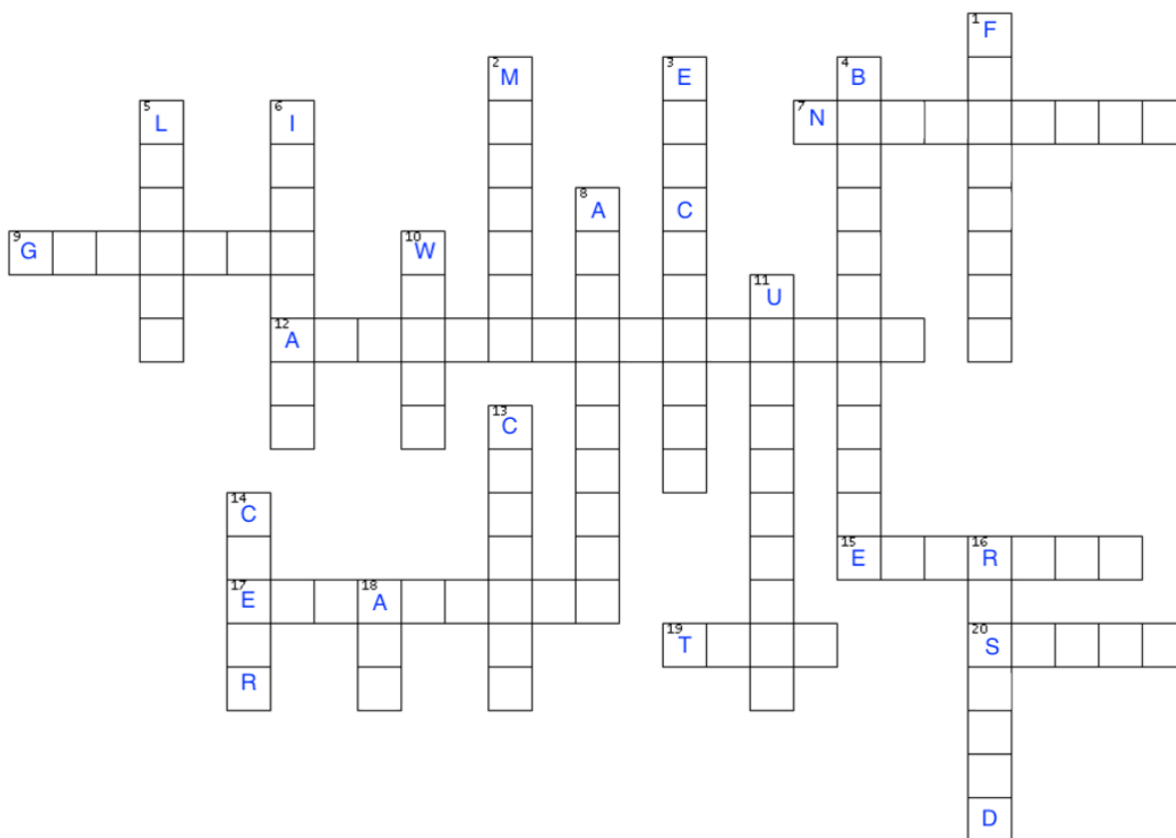
7. Communication without words.
9. Movement of hands or body to express.
12. Pay full attention, understand, respond, and remember.
15. Show thoughts or feelings.
17. Understand and share feelings.
19. The way the voice sounds, showing emotion.
20. Use words to express.

DOWN

1. Responses and reactions to a message.
2. The information being shared.
3. Look directly at the person you're talking to.
4. Non-verbal cues from movements and postures.
5. Pay attention to what someone says.
6. Communicate with someone.
8. Expressing oneself clearly with words.
10. Put thoughts down on paper or digitally.
11. Grasp the meaning of what's being said.
13. Make something clear or easier to understand.
14. Easy to understand.
16. Reply or react.
18. Pose a question to get information.

HARD

COMMUNICATION



ACROSS

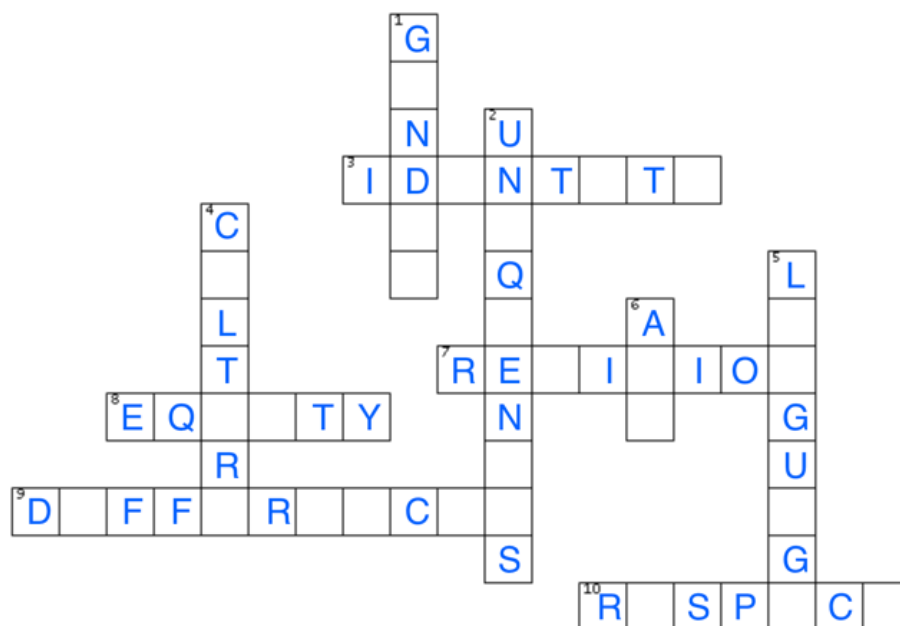
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16. Reply or react.
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EASY

DIVERSITY



ACROSS

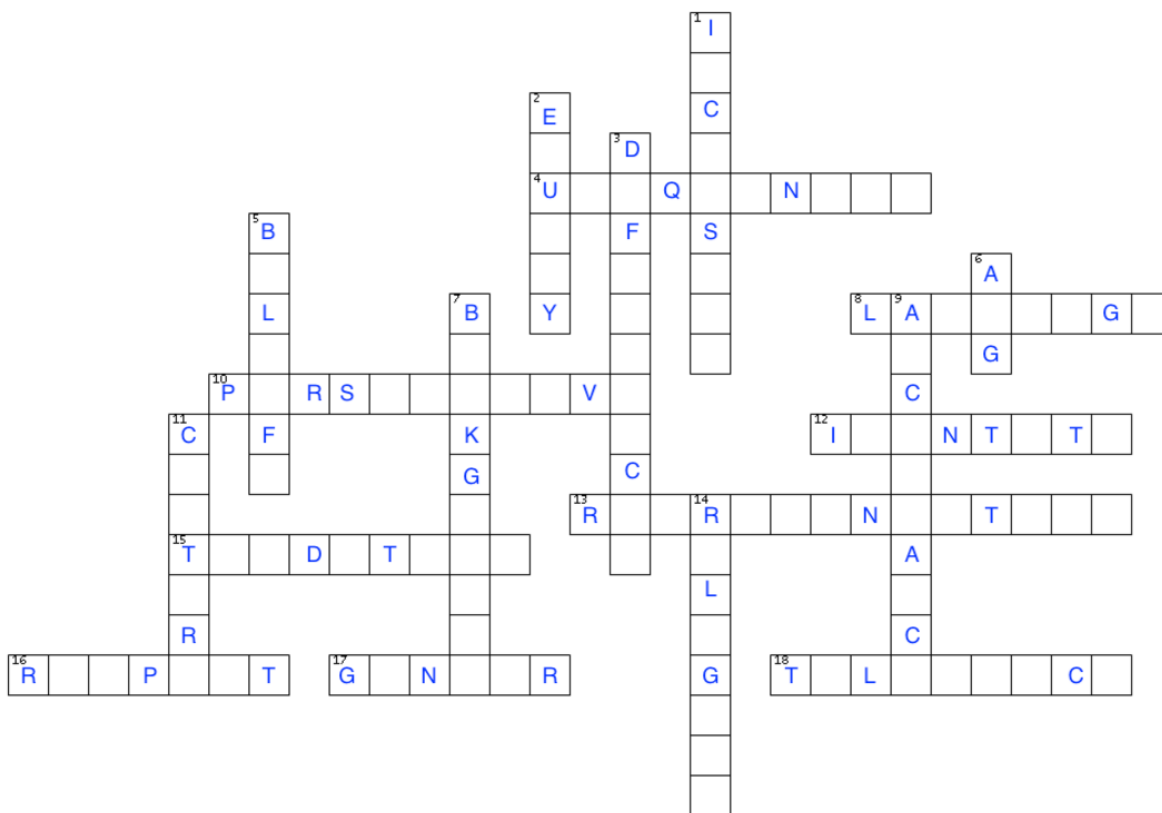
3. Who someone is based on various factors.
7. A system of faith and worship.
8. Fairness in the way people are treated.
9. Ways in which people or things are not the same.
10. Treating everyone with dignity and consideration.

DOWN

1. Male, female, or non-binary.
2. Being one of a kind.
4. Beliefs and customs of a group of people.
5. System of communication used by people.
6. Different generations and their viewpoints.

MEDIUM

DIVERSITY



ACROSS

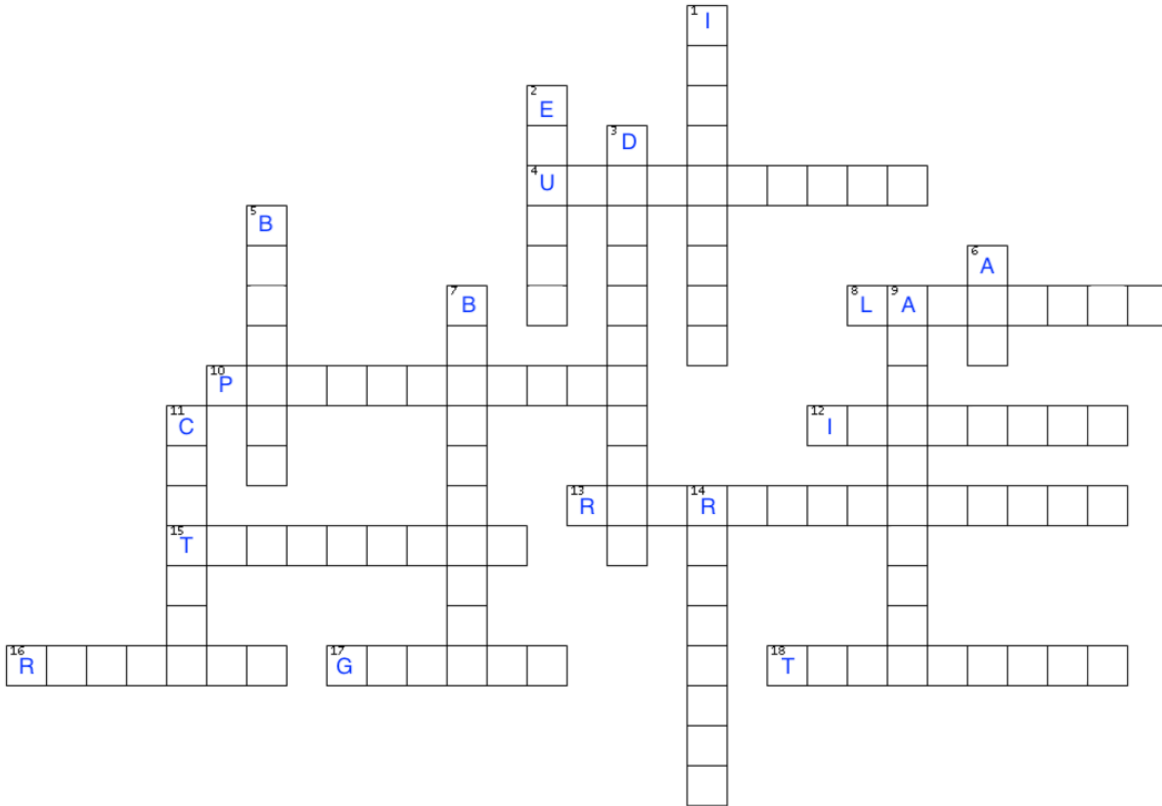
4. Being one of a kind.
8. System of communication used by people.
10. A way of looking at or thinking about something.
12. Who someone is based on various factors.
13. Making sure all groups are fairly portrayed or included.
15. Customary beliefs passed down over generations.
16. Treating everyone with dignity and consideration.
17. Male, female, or non-binary.
18. Respecting views and practices different from one's own.

DOWN

1. Making sure everyone feels they belong.
2. Fairness in the way people are treated.
3. Ways in which people or things are not the same.
5. Ideas or convictions held as true by an individual or group.
6. Different generations and their viewpoints.
7. Someone's past or cultural heritage.
9. Recognizing and valuing differences.
11. Beliefs and customs of a group of people.
14. A system of faith and worship.

HARD

DIVERSITY



ACROSS

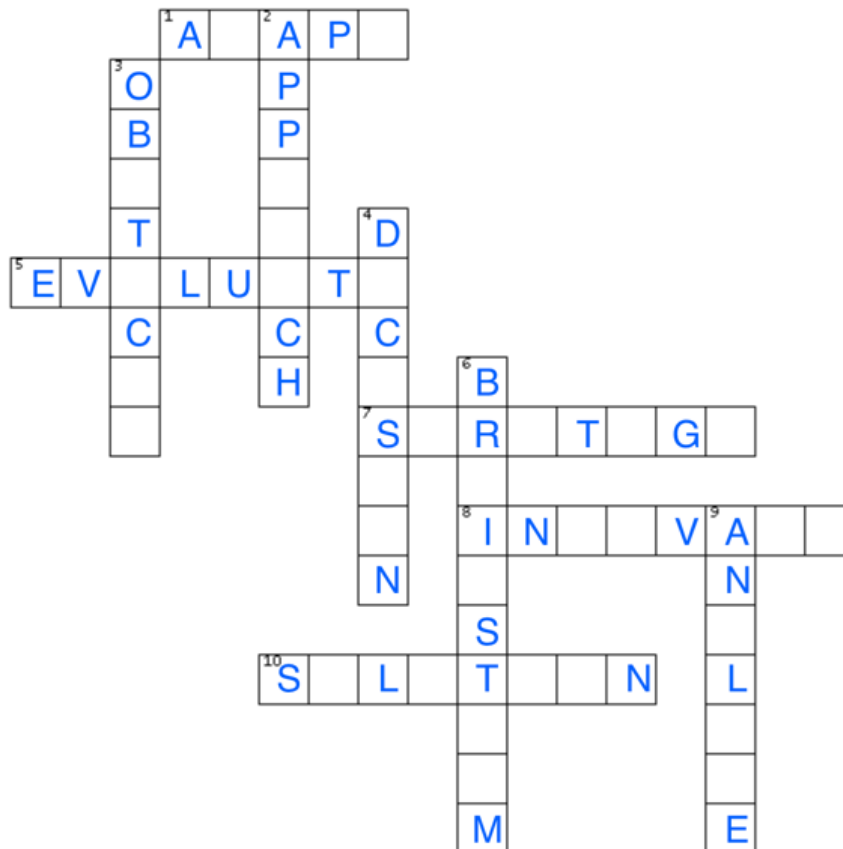
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EASY

PROBLEM SOLVING



ACROSS

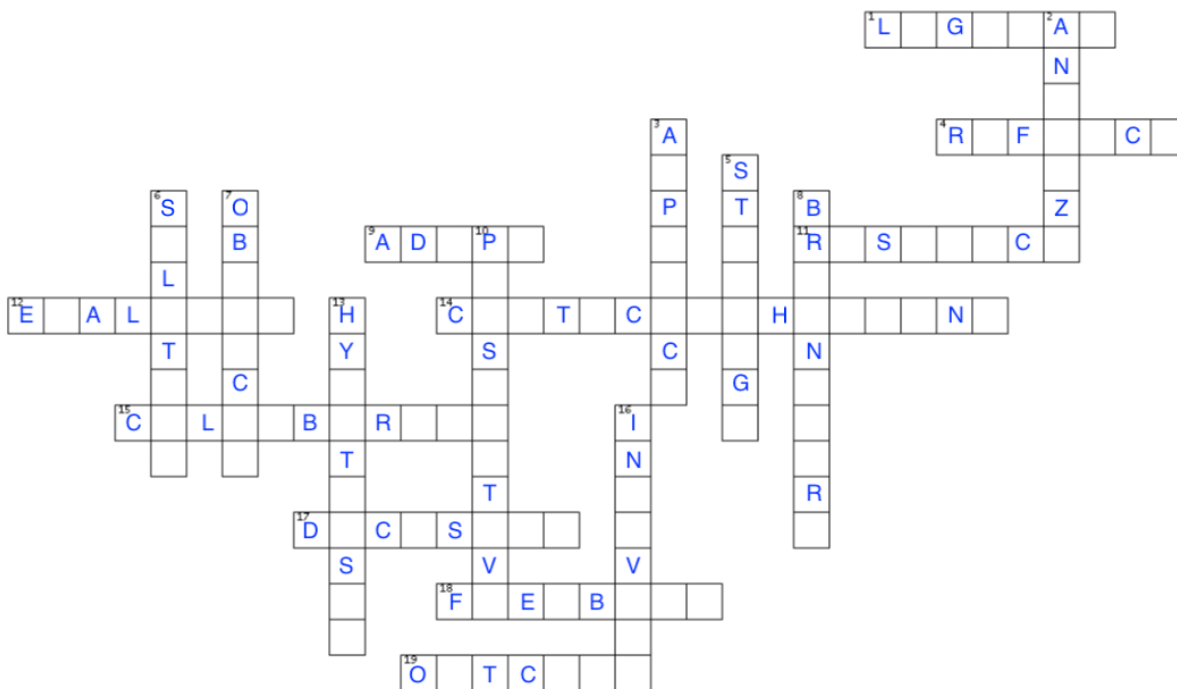
1. Change in response to a problem.
5. Judge or determine the significance.
7. A planned approach to solve a problem.
8. Creating a new method or idea.
10. The answer to a problem.

DOWN

2. A way of dealing with something.
3. A challenge or hurdle to overcome.
4. Making a choice.
6. Think of many ideas quickly.
9. Examine in detail.

MEDIUM

PROBLEM SOLVING



ACROSS

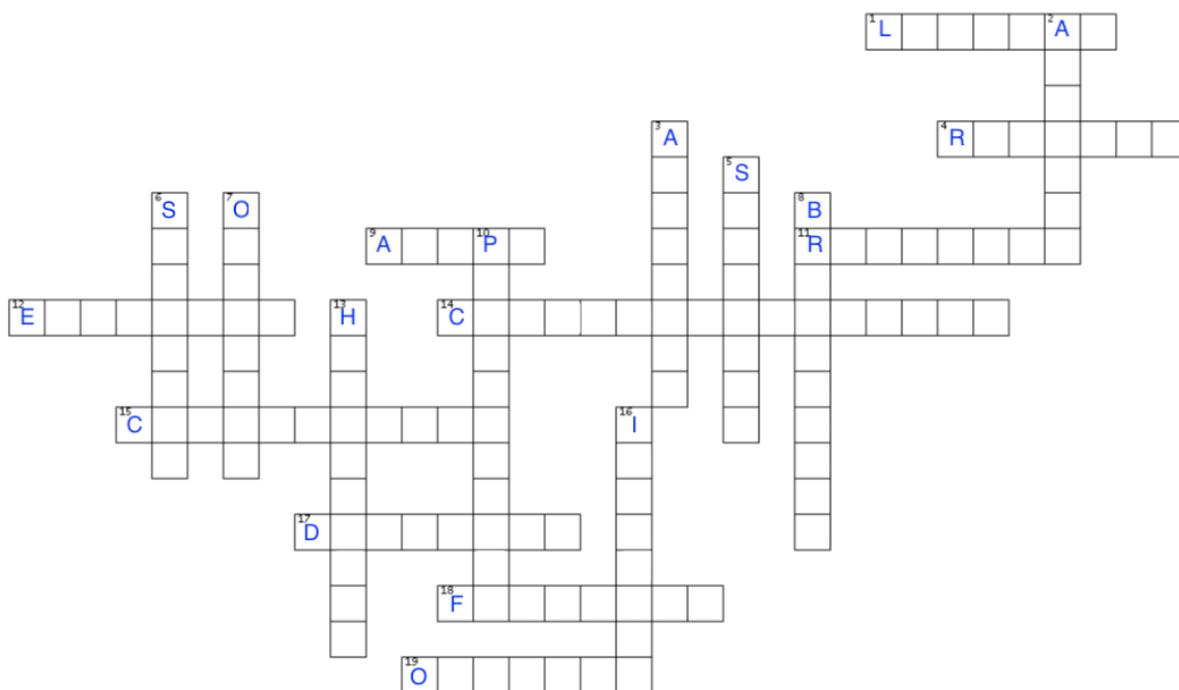
1. Using reasoning and clear thinking.
4. Think deeply about a past event.
9. Change in response to a problem.
11. A tool or strategy used to solve a problem.
12. Judge or determine the significance.
14. Analyzing and evaluating details to solve problems.
15. Work together to solve a problem.
17. Making a choice.
18. Information about reactions to a product or action.
19. The result of an action.

DOWN

2. Examine in detail.
3. A way of dealing with something.
5. A planned approach to solve a problem.
6. The answer to a problem.
7. A challenge or hurdle to overcome.
8. Think of many ideas quickly.
10. A particular way of considering something.
13. A suggested explanation or prediction.
16. Creating a new method or idea.

HARD

PROBLEM SOLVING



ACROSS

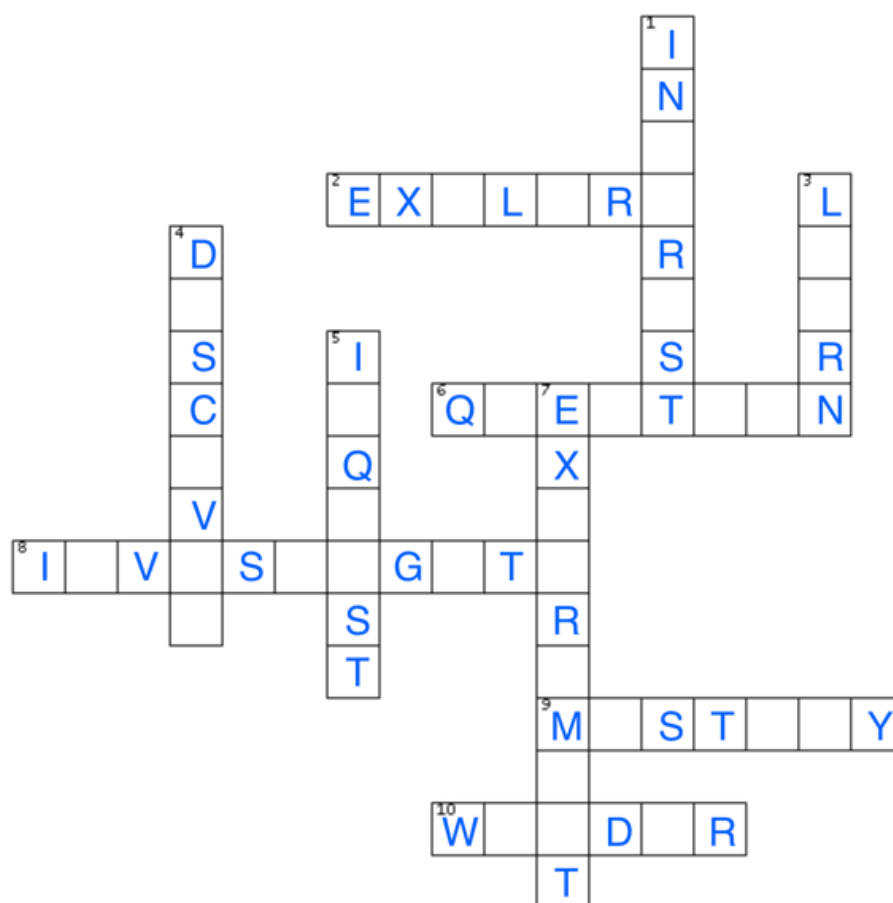
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EASY

CURIOSITY



ACROSS

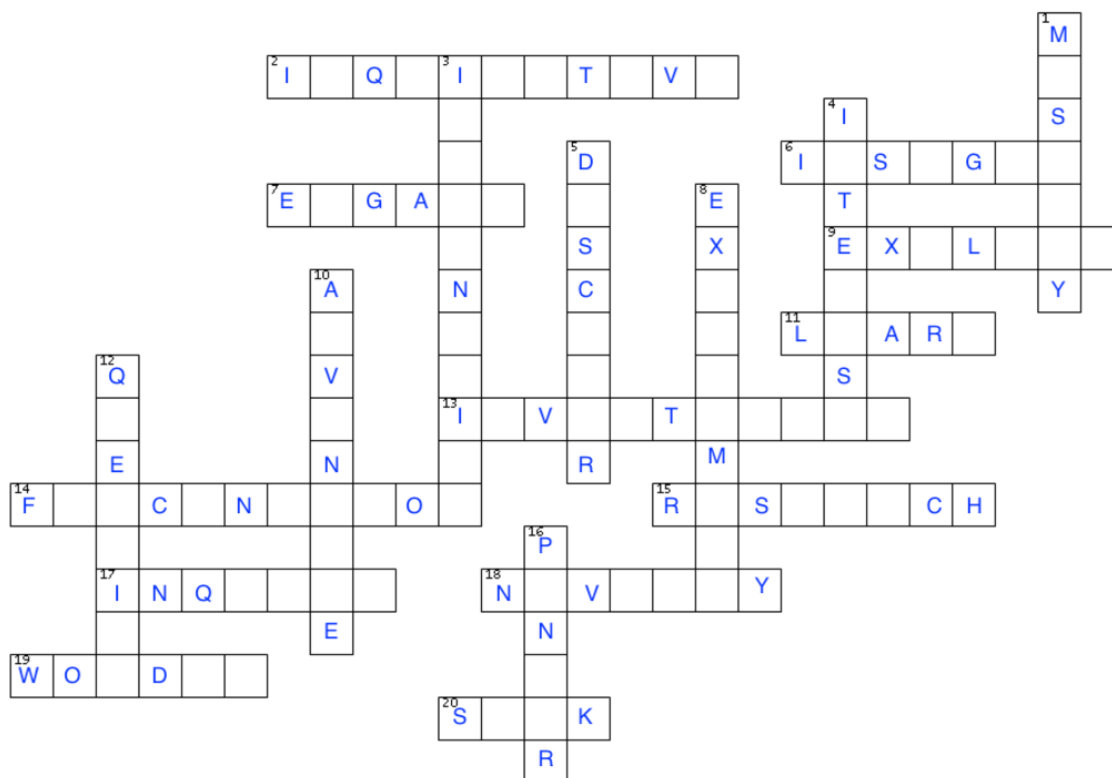
2. To travel in or through an unfamiliar area.
6. Asking to learn something new.
8. Look closely and search for details.
9. Something that is difficult or impossible to understand.
10. To think or speculate curiously.

DOWN

1. Wanting to learn about something.
3. Acquire new knowledge or skills.
4. To find out something previously unknown.
5. Ask for information.
7. Testing out to see what happens.

MEDIUM

CURIOSITY



ACROSS

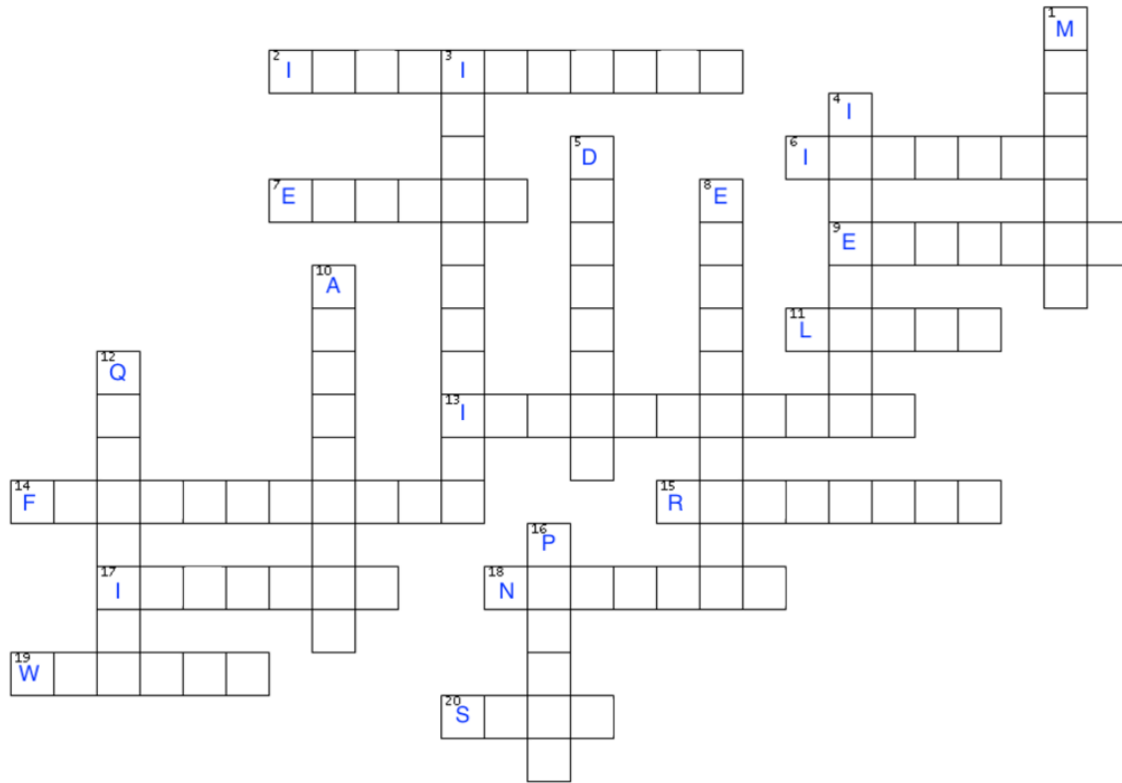
2. Having or showing an interest in learning things.
6. A sudden understanding of something.
7. Involve oneself or become occupied
9. To travel in or through an unfamiliar area.
11. Acquire new knowledge or skills.
13. Look closely and search for details.
14. Being extremely interested in something.
15. Studying to discover new information.
17. Ask for information.
18. Something new or unusual.
19. To think or speculate curiously.
20. Attempt to find something.

DOWN

1. Something that is difficult or impossible to understand.
3. Forming new ideas or images.
4. Wanting to learn about something.
5. To find out something previously unknown.
8. Testing out to see what happens.
10. Exciting and often risky journey.
12. Asking to learn something new.
16. Think deeply about something.

HARD

CURIOSITY



ACROSS

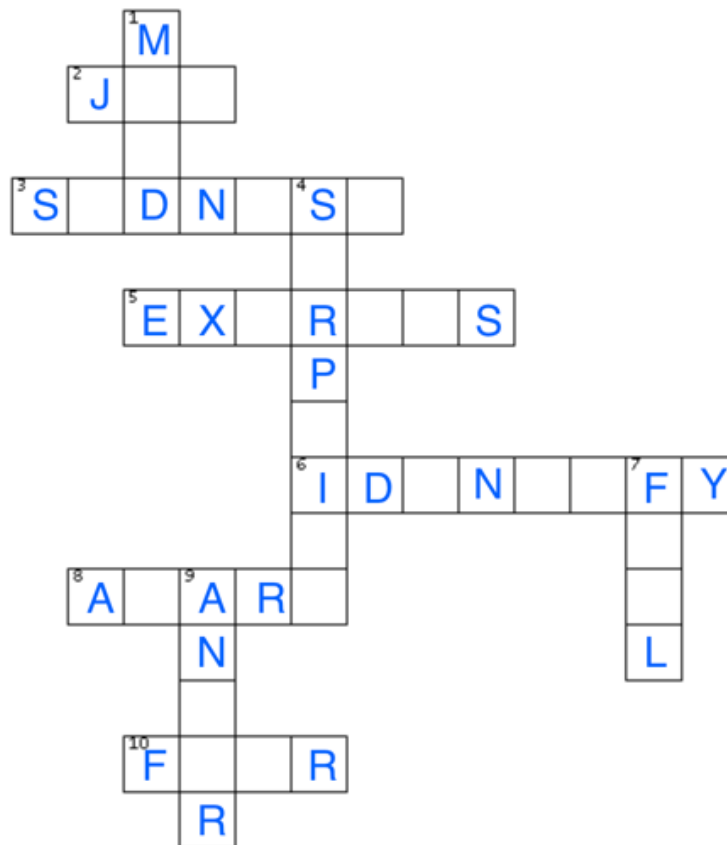
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EASY

RECOGNIZING EMOTIONS



ACROSS

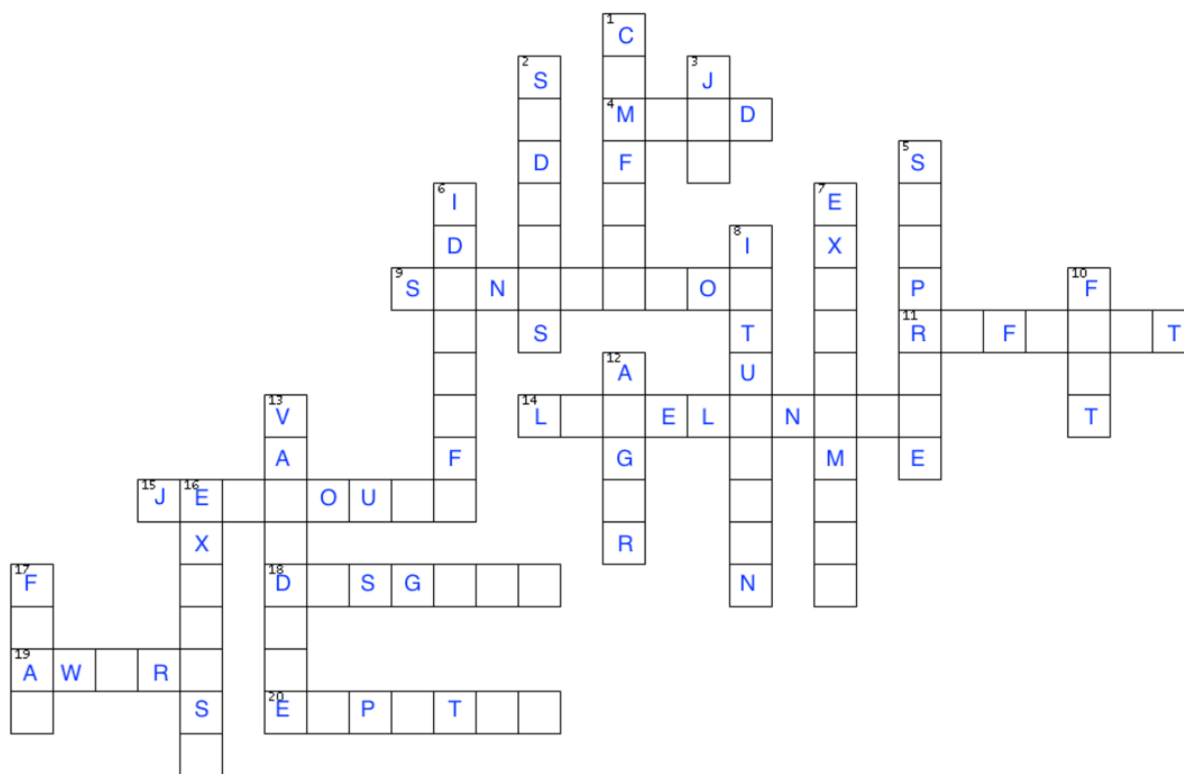
2. Feeling of great happiness.
3. Feeling of sorrow.
5. Show how you feel.
6. Name or label the emotion.
8. Knowing and noticing.
10. Feeling of being afraid.

DOWN

1. How someone feels at a certain time.
4. Unexpected emotion.
7. Experience an emotion.
9. Strong feeling of displeasure.

MEDIUM

RECOGNIZING EMOTIONS



ACROSS

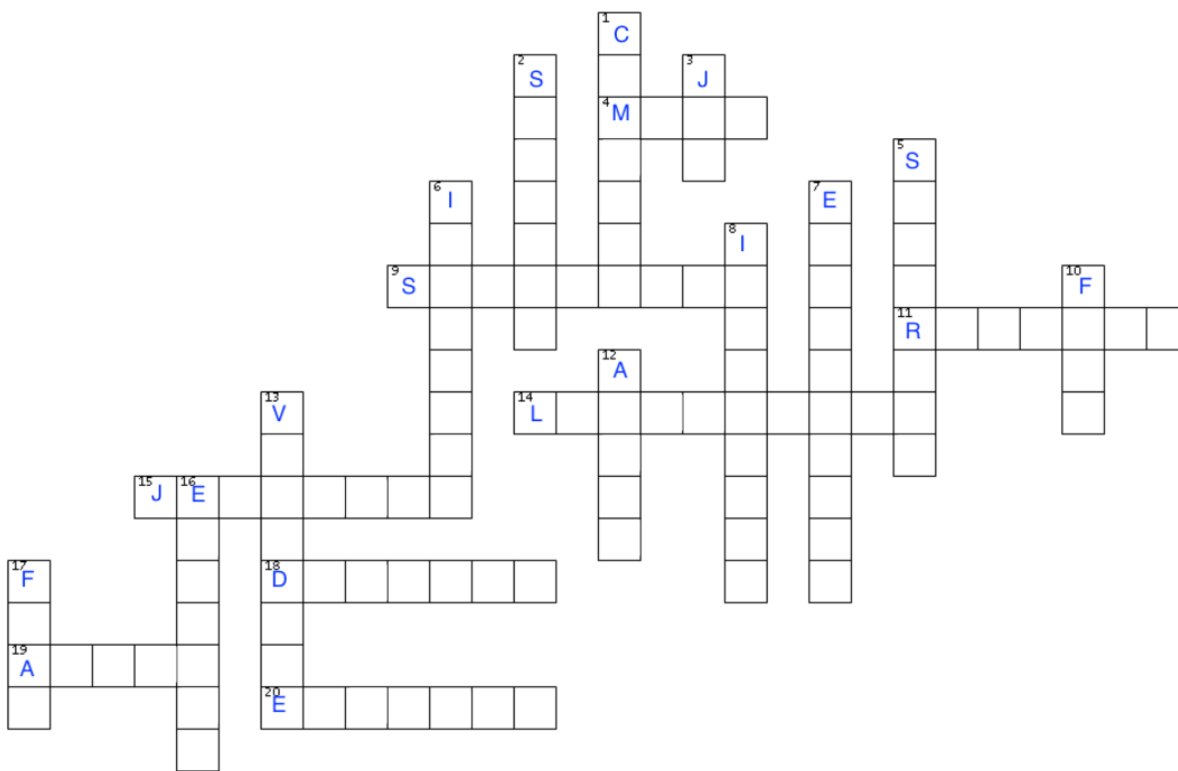
4. How someone feels at a certain time.
9. Physical feeling or perception.
11. Think deeply about one's feelings.
14. Feeling of being alone.
15. Feeling envy towards someone.
18. Feeling something is unpleasant.
19. Knowing and noticing.
20. Understanding and feeling what another feels.

DOWN

1. Feeling of relief or contentment.
2. Feeling of sorrow.
3. Feeling of great happiness.
5. Unexpected emotion.
6. Name or label the emotion.
7. Feeling thrilled.
8. A gut feeling.
10. Experience an emotion.
12. Strong feeling of displeasure.
13. Acknowledge and accept someone's feelings.
16. Show how you feel.
17. Feeling of being afraid.

HARD

RECOGNIZING EMOTIONS



ACROSS

4. How someone feels at a certain time.
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EASY

SELF-ESTEEM



ACROSS

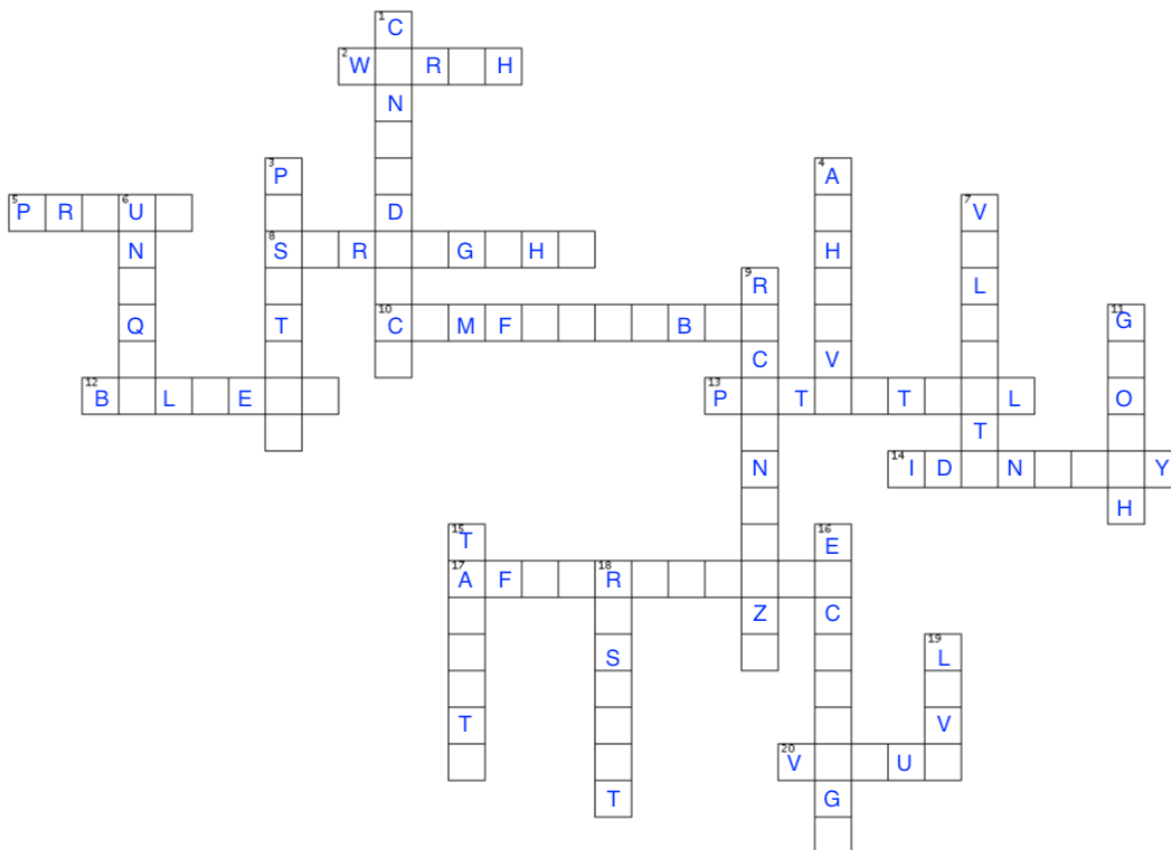
2. A strong affection or appreciation.
3. Confirm or recognize.
7. Belief in one's abilities.
8. Feeling pleased about oneself or one's actions.
9. Natural abilities or skills.
10. Being the only one of its kind.

DOWN

1. Focusing on the good side of things.
4. Accomplish or succeed in an effort.
5. A feeling of admiration.
6. The importance or worth of something.

MEDIUM

SELF-ESTEEM



ACROSS

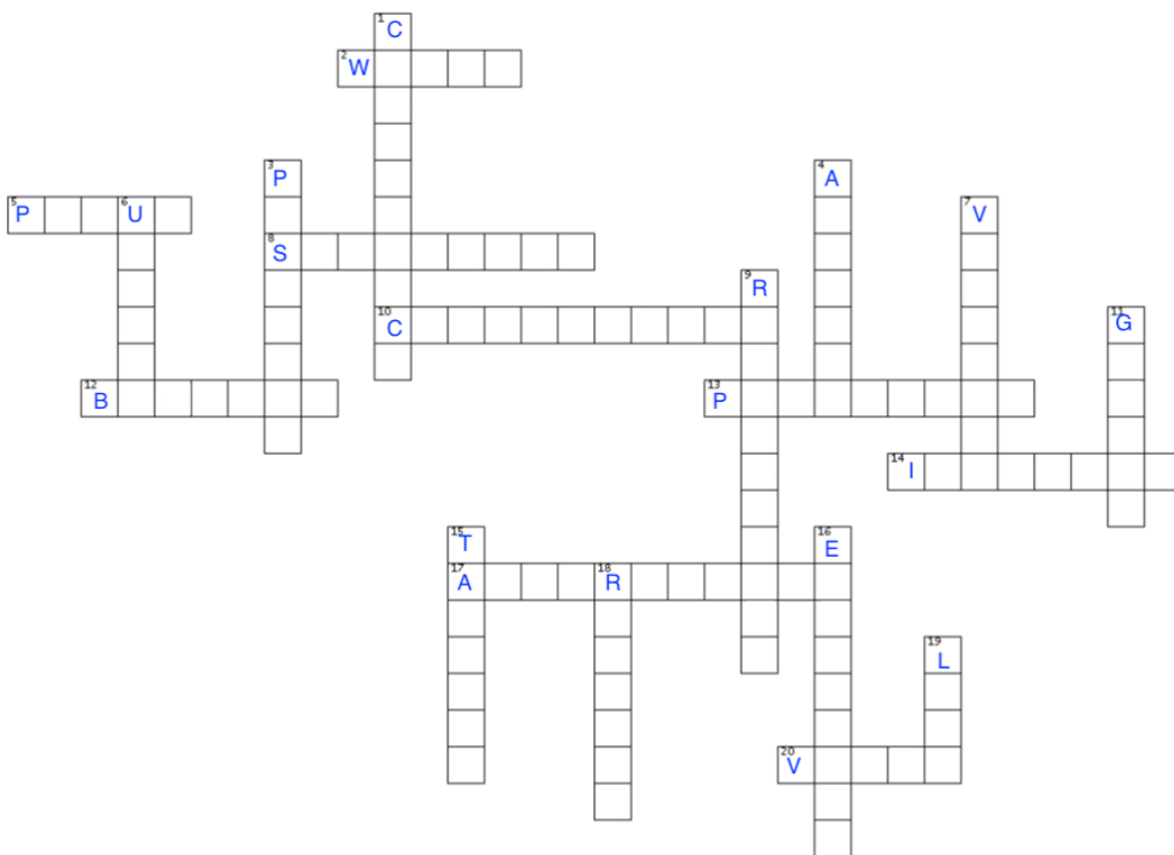
2. The value one places on oneself.
5. Feeling pleased about oneself or one's actions.
8. Things one does well.
10. Feeling at ease with oneself.
12. To accept as true or real.
13. The capacity to become or do something in the future.
14. Who someone perceives themselves to be.
17. Positive statement about oneself.
20. The importance or worth of something.

DOWN

1. Belief in one's abilities.
3. Focusing on the good side of things.
4. Accomplish or succeed in an effort.
6. Being the only one of its kind.
7. Confirm or recognize.
9. Acknowledgement or attention.
11. The process of increasing in size or maturity.
15. Natural abilities or skills.
16. To inspire with courage or confidence.
18. A feeling of admiration.
19. A strong affection or appreciation.

HARD

SELF-ESTEEM



ACROSS

2. The value one places on oneself.
5. Feeling pleased about oneself or one's actions.
8. Things one does well.
10. Feeling at ease with oneself.
12. To accept as true or real.
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DOWN

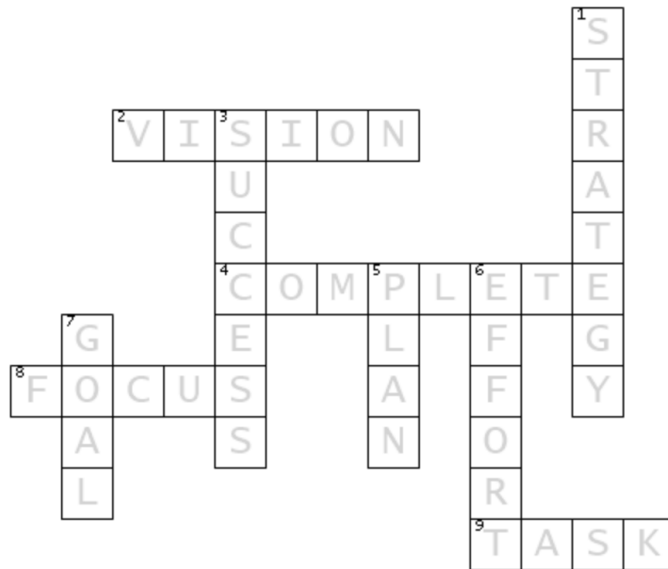
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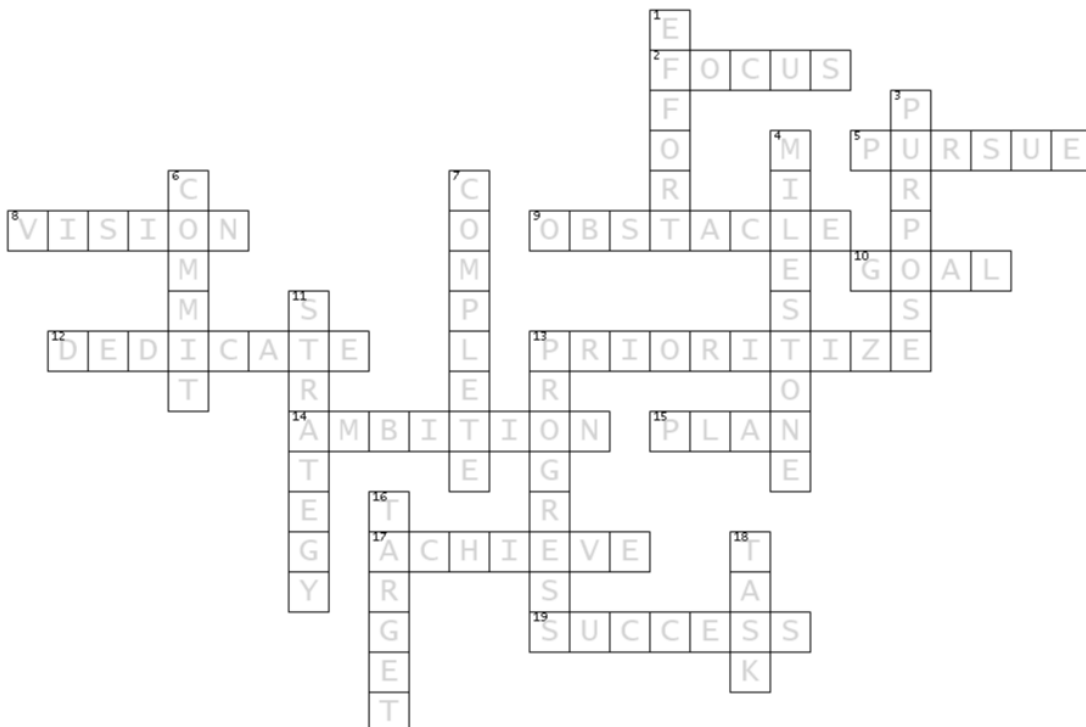
ANSWER KEY

GOAL SETTING ANSWERS

EASY PUZZLE

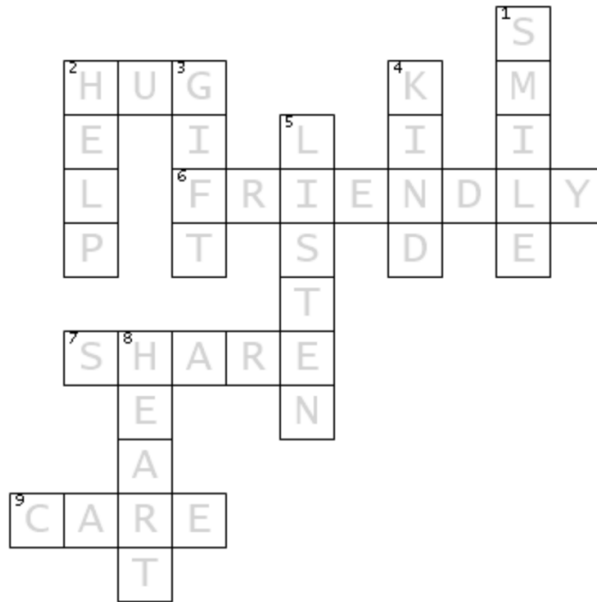


MEDIUM AND HARD PUZZLES

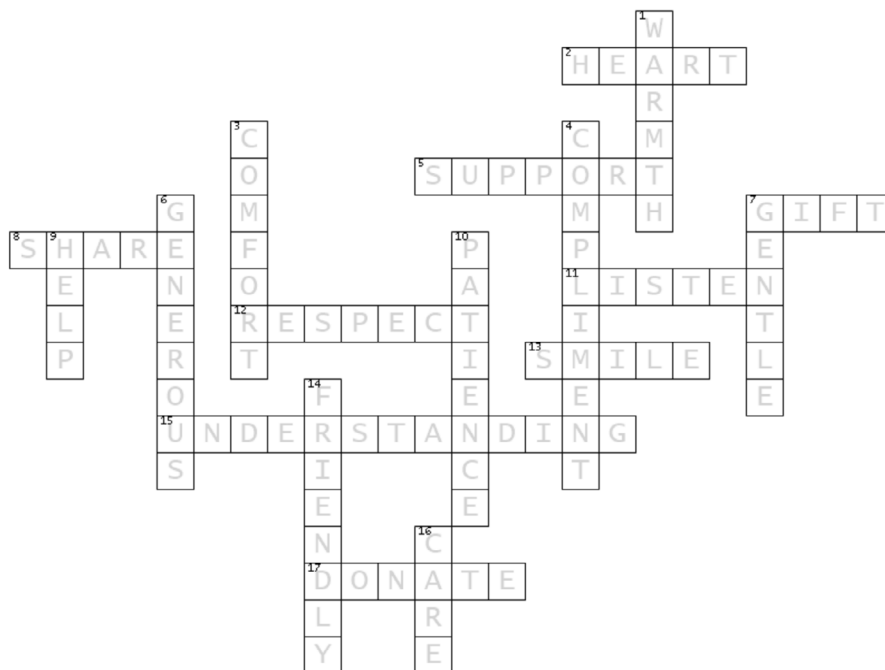


KINDNESS ANSWERS

EASY PUZZLE

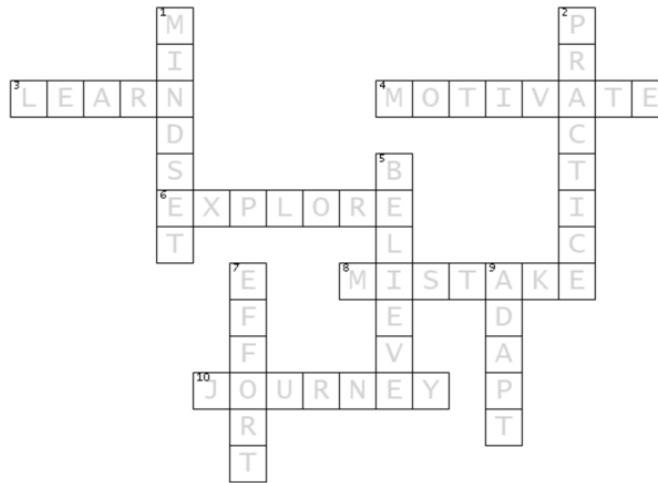


MEDIUM AND HARD PUZZLES

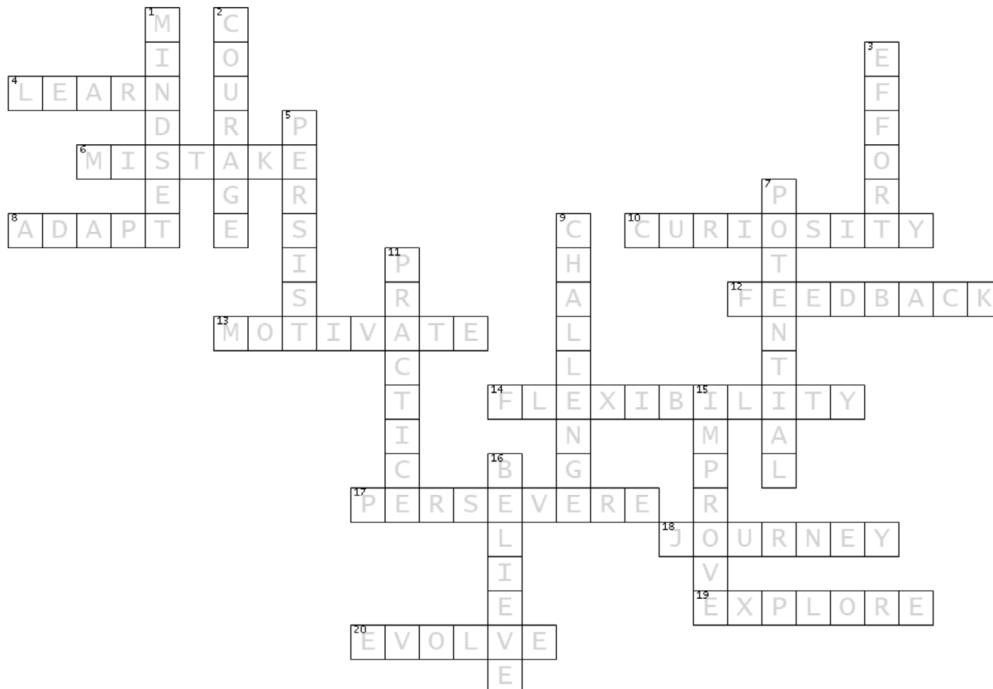


GROWTH MINDSET ANSWERS

EASY PUZZLE

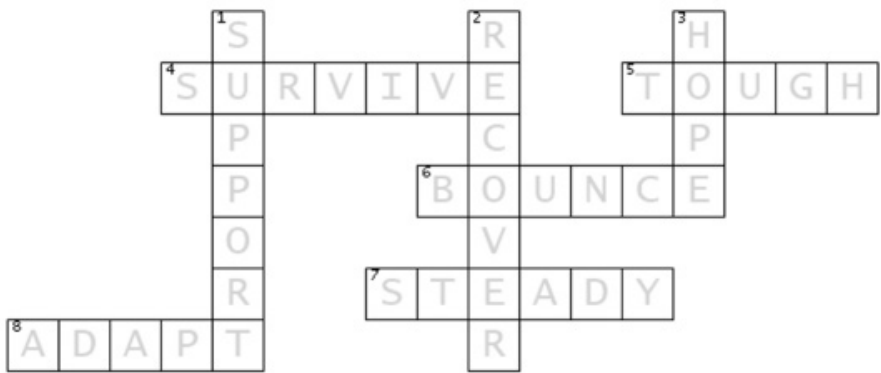


MEDIUM AND HARD PUZZLES

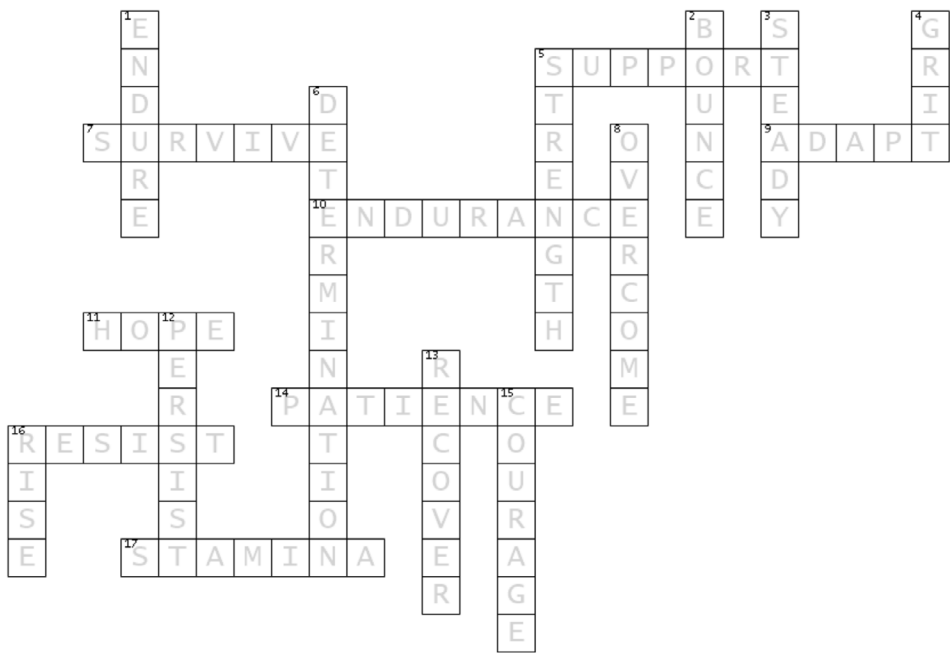


RESILIENCE ANSWERS

EASY PUZZLE

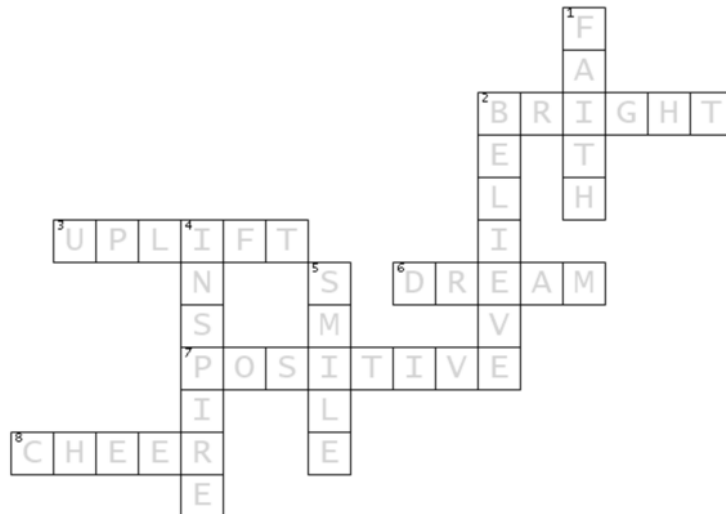


MEDIUM AND HARD PUZZLES

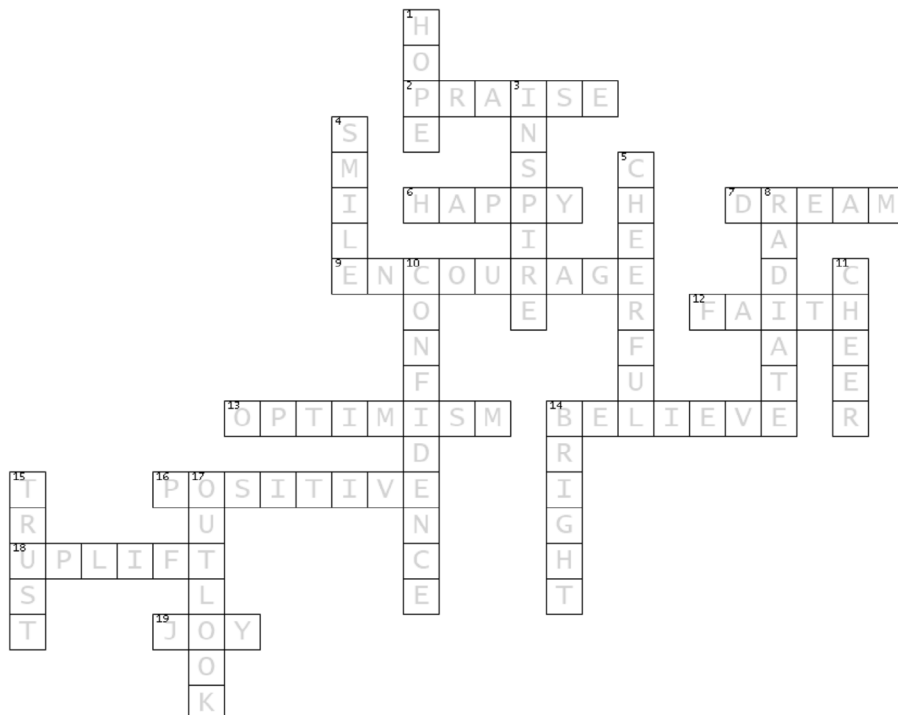


POSITIVE THINKING ANSWERS

EASY PUZZLE

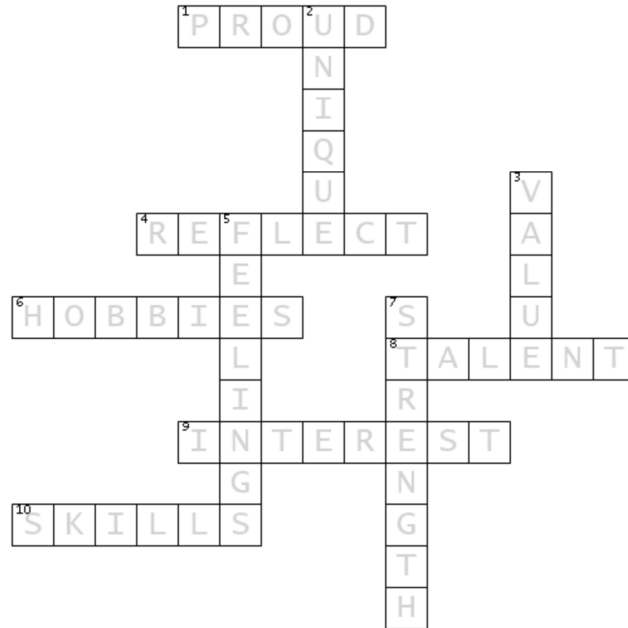


MEDIUM AND HARD PUZZLES

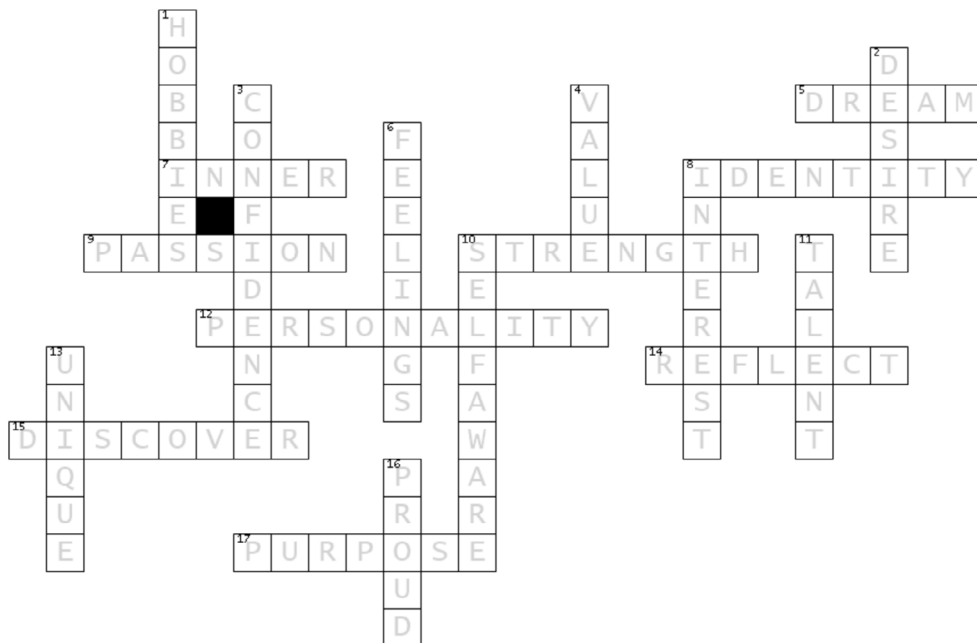


KNOWING MYSELF ANSWERS

EASY PUZZLE

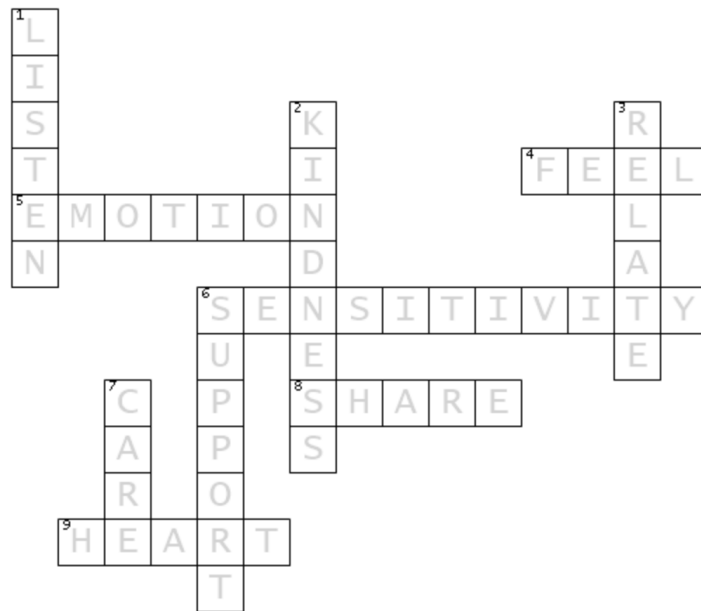


MEDIUM AND HARD PUZZLES

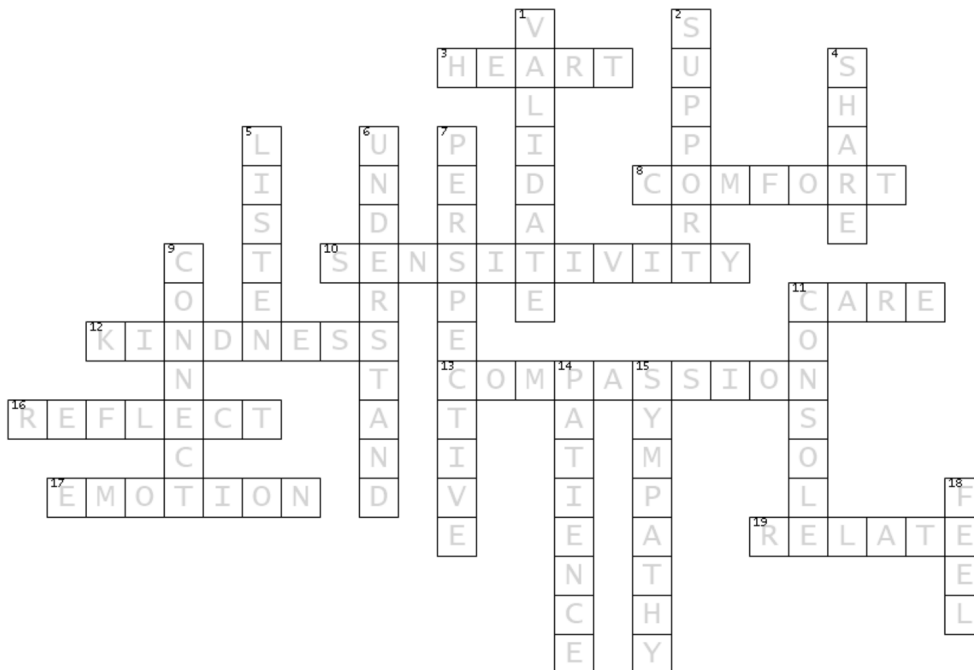


EMPATHY ANSWERS

EASY PUZZLE

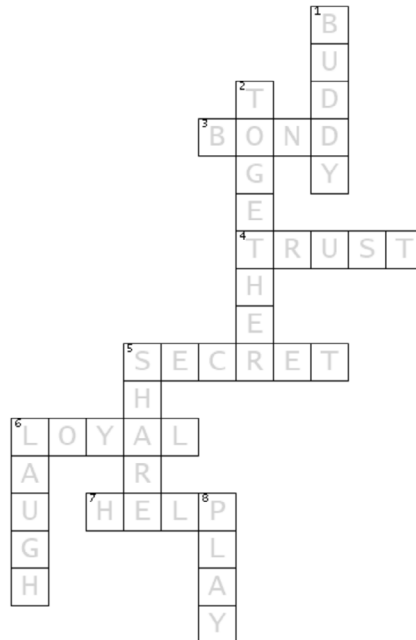


MEDIUM AND HARD PUZZLES

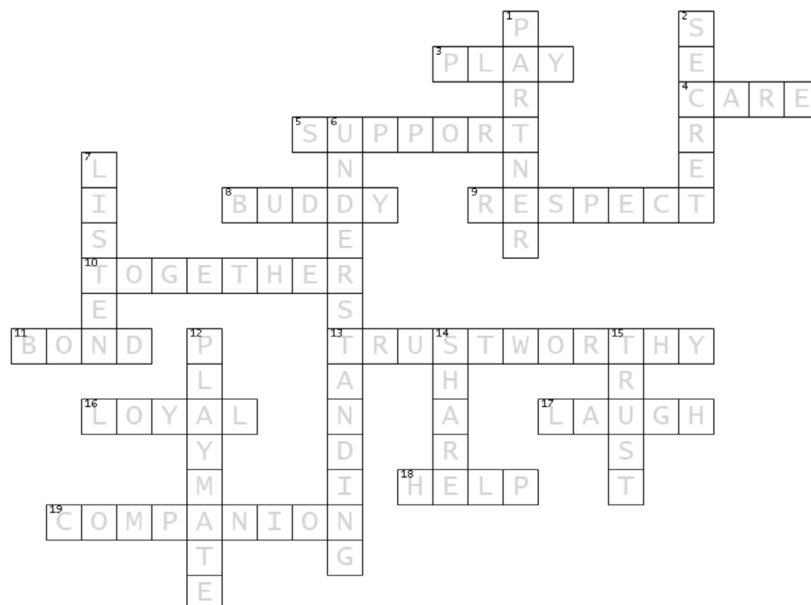


FRIENDSHIP ANSWERS

EASY PUZZLE

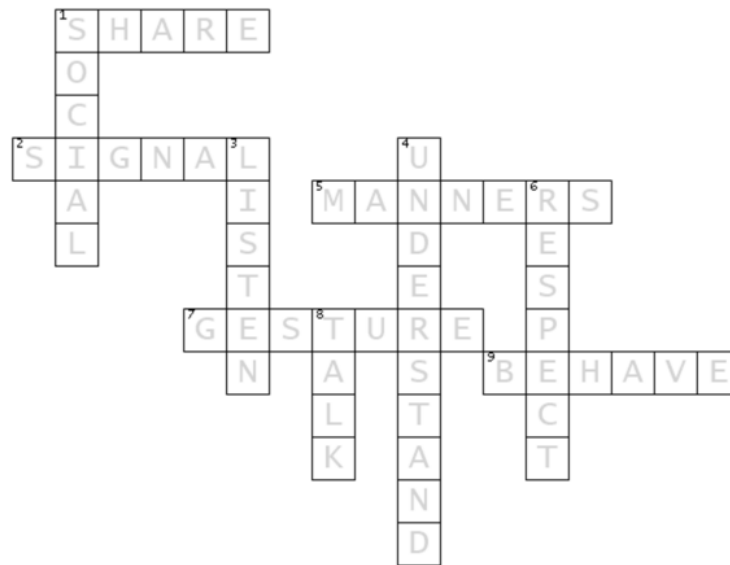


MEDIUM AND HARD PUZZLES

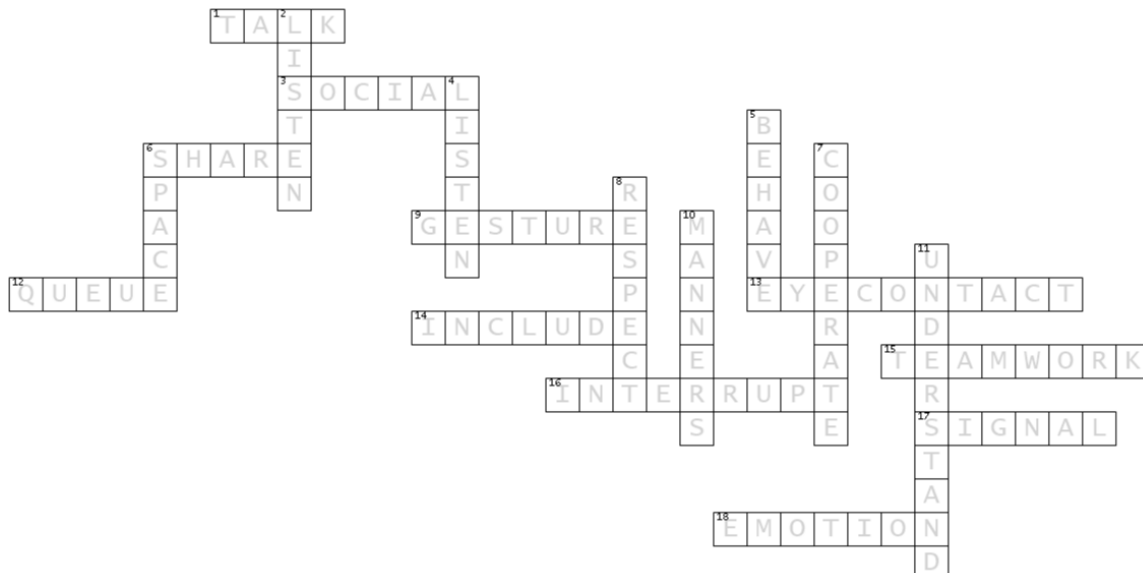


SOCIAL SMARTS ANSWERS

EASY PUZZLE

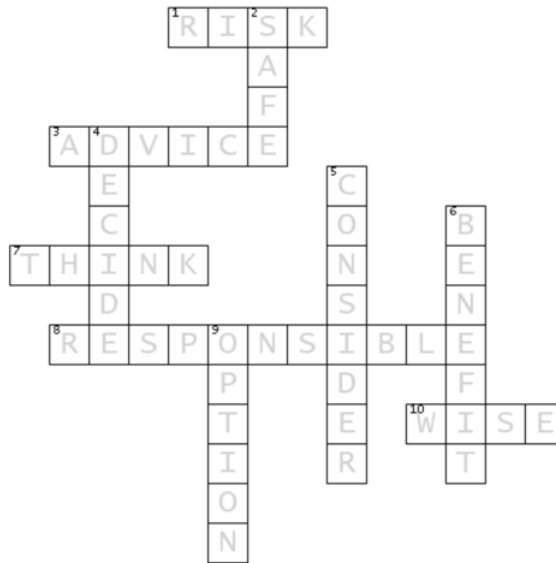


MEDIUM AND HARD PUZZLES

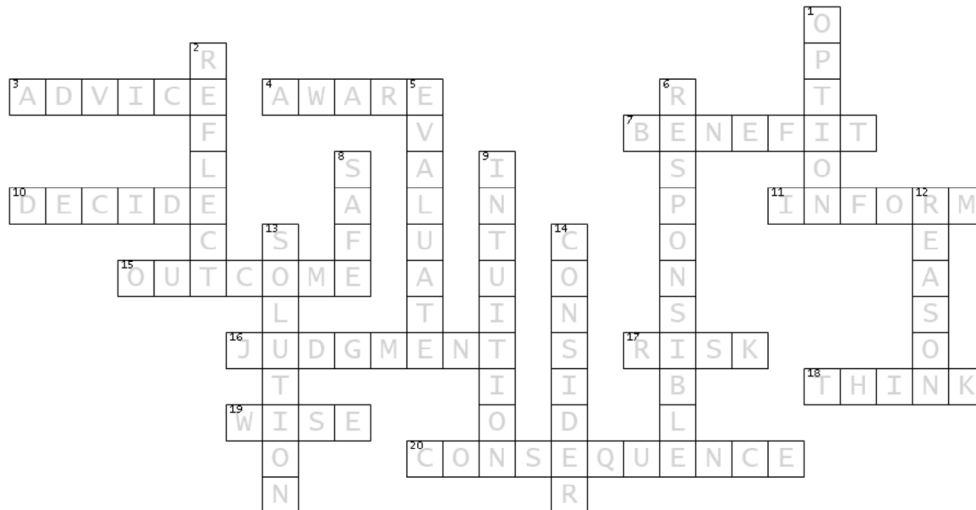


SMART CHOICES ANSWERS

EASY PUZZLE

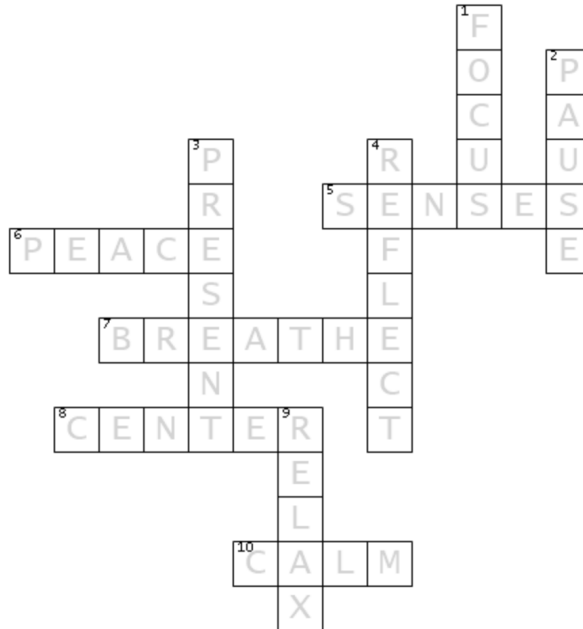


MEDIUM AND HARD PUZZLES

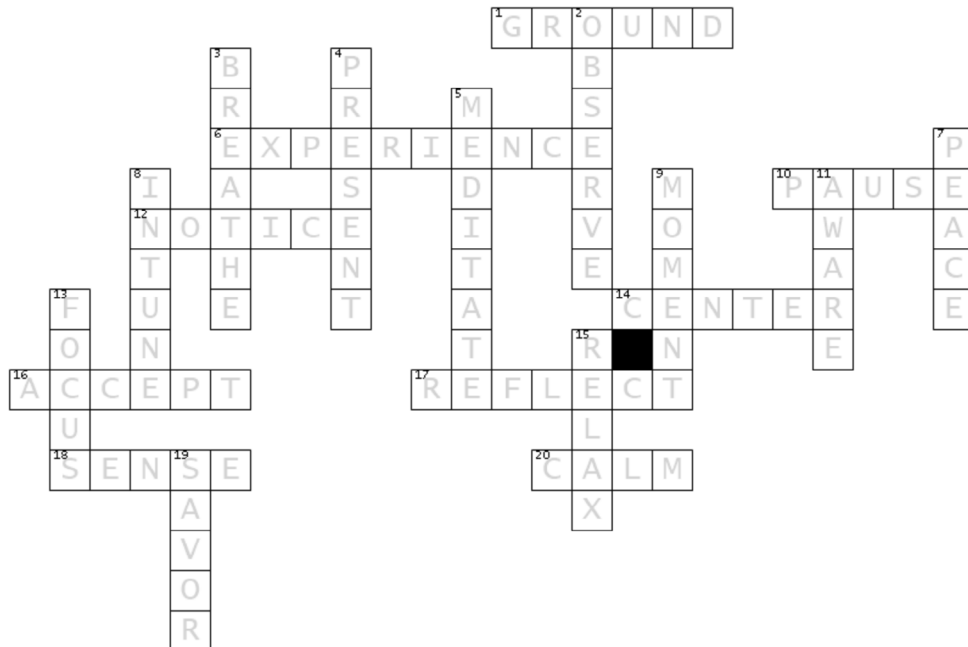


MINDFULNESS ANSWERS

EASY PUZZLE

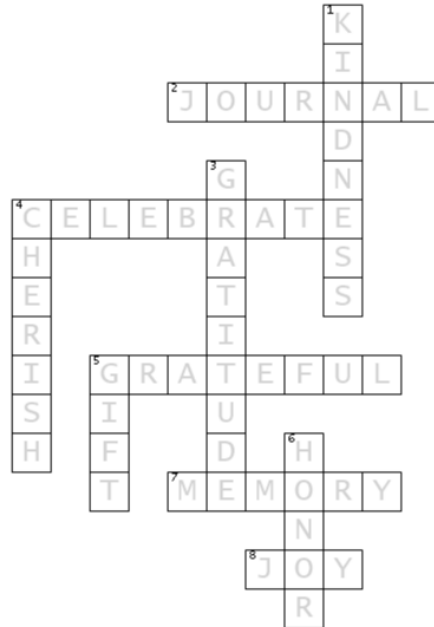


MEDIUM AND HARD PUZZLES

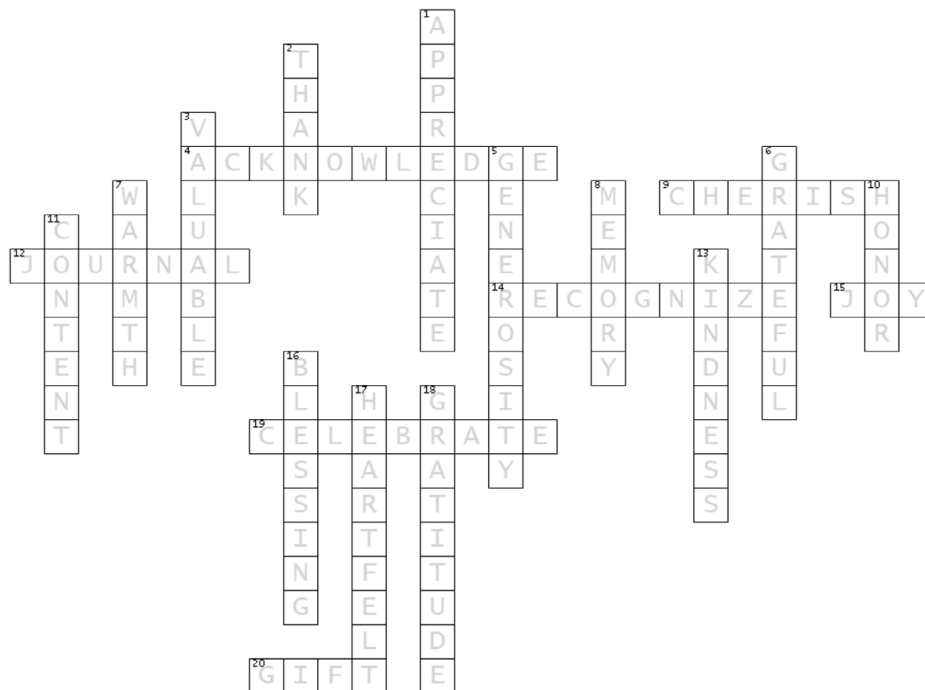


GRATITUDE ANSWERS

EASY PUZZLE

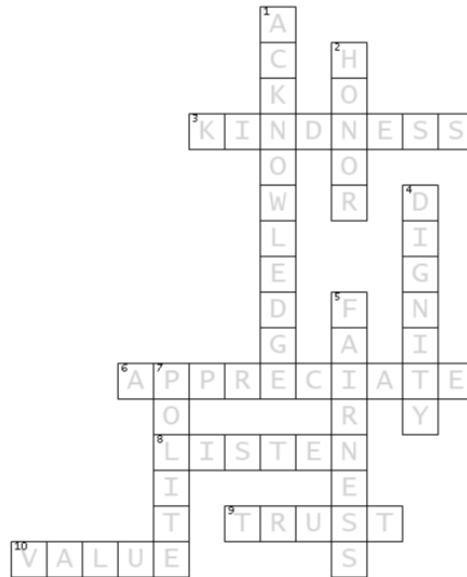


MEDIUM AND HARD PUZZLES

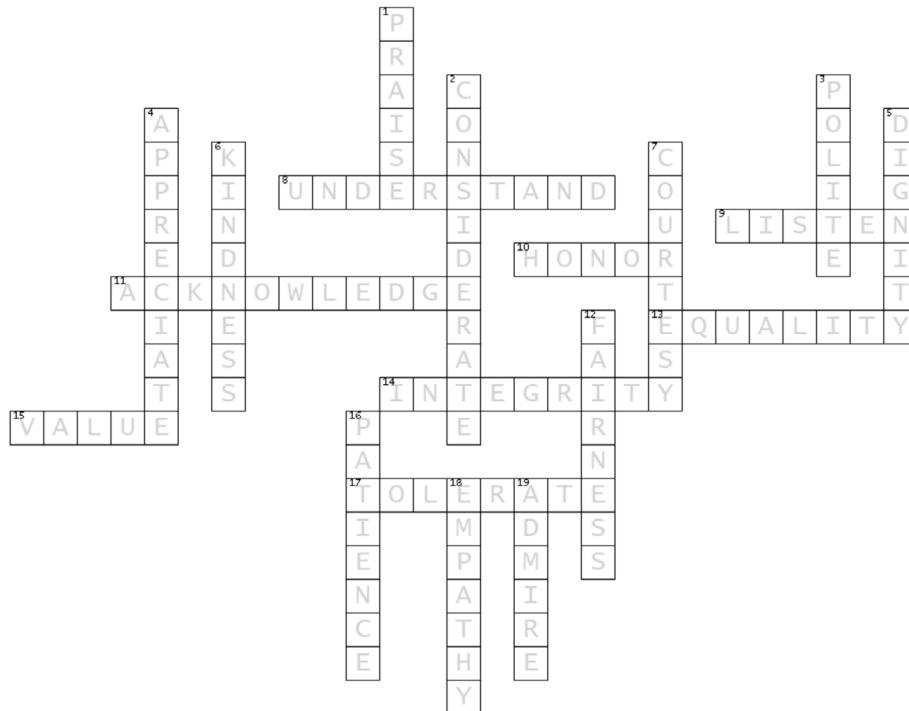


RESPECT ANSWERS

EASY PUZZLE

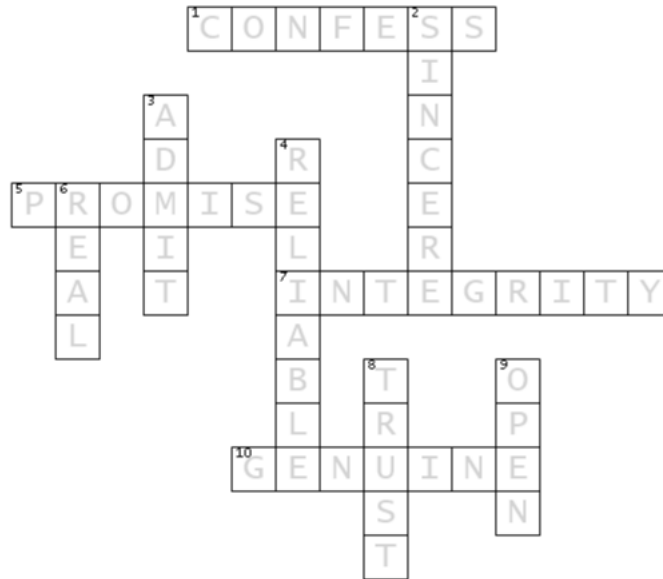


MEDIUM AND HARD PUZZLES

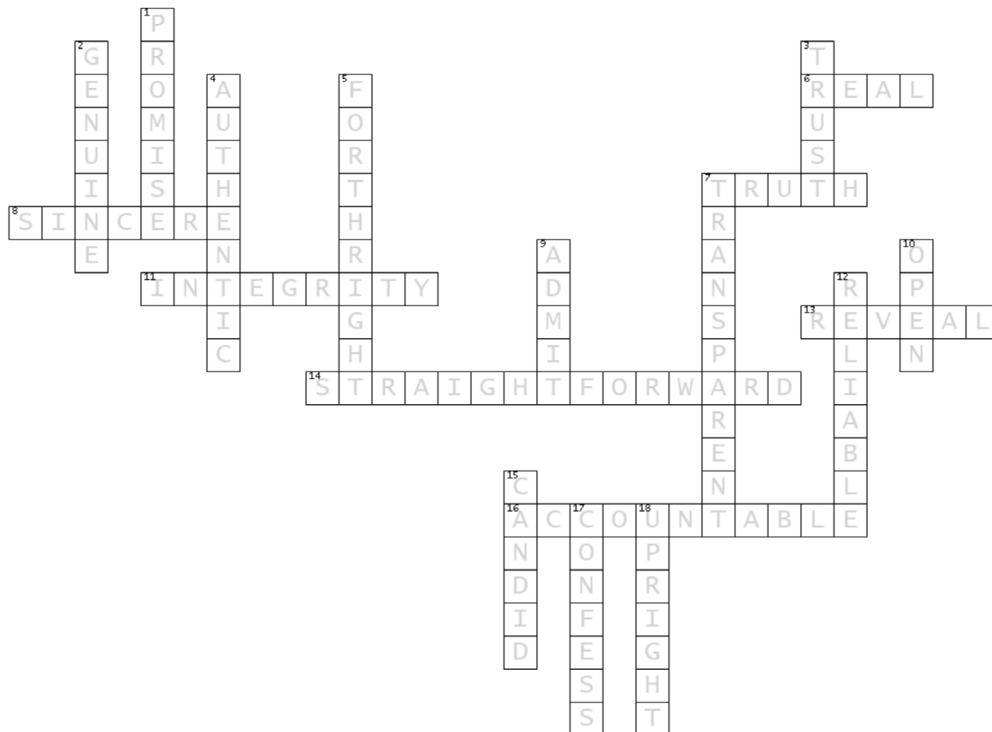


HONESTY ANSWERS

EASY PUZZLE

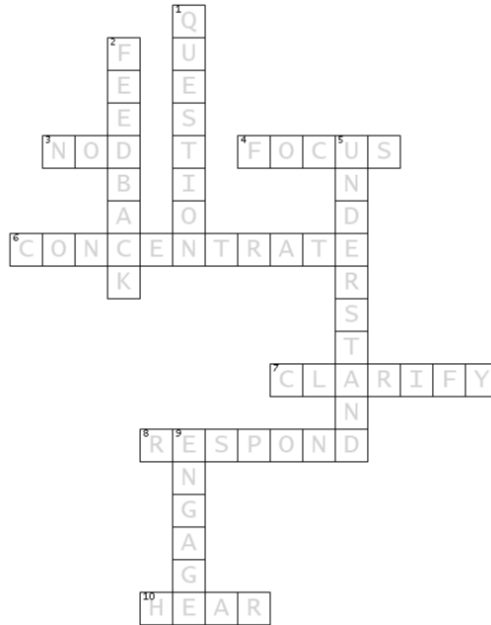


MEDIUM AND HARD PUZZLES

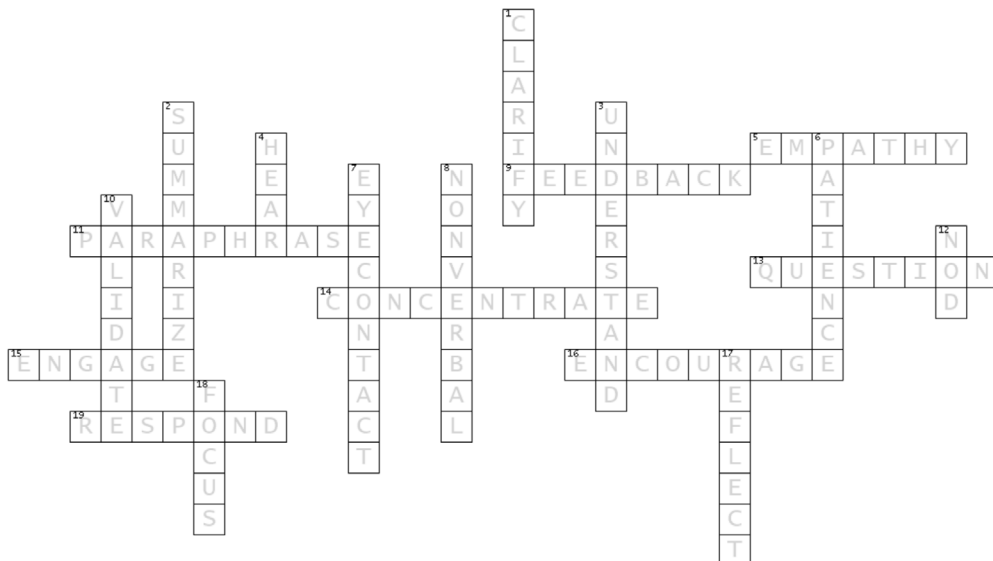


ACTIVE LISTENING ANSWERS

EASY PUZZLE

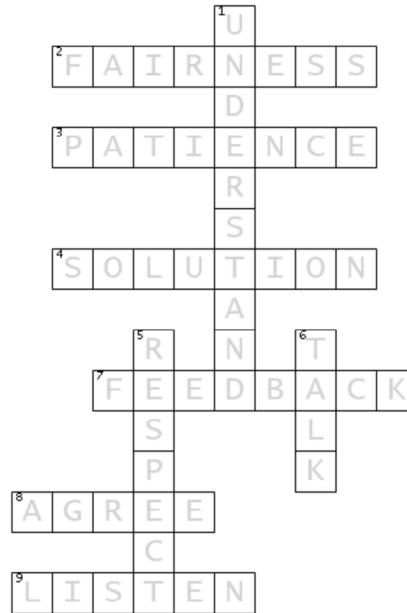


MEDIUM AND HARD PUZZLES

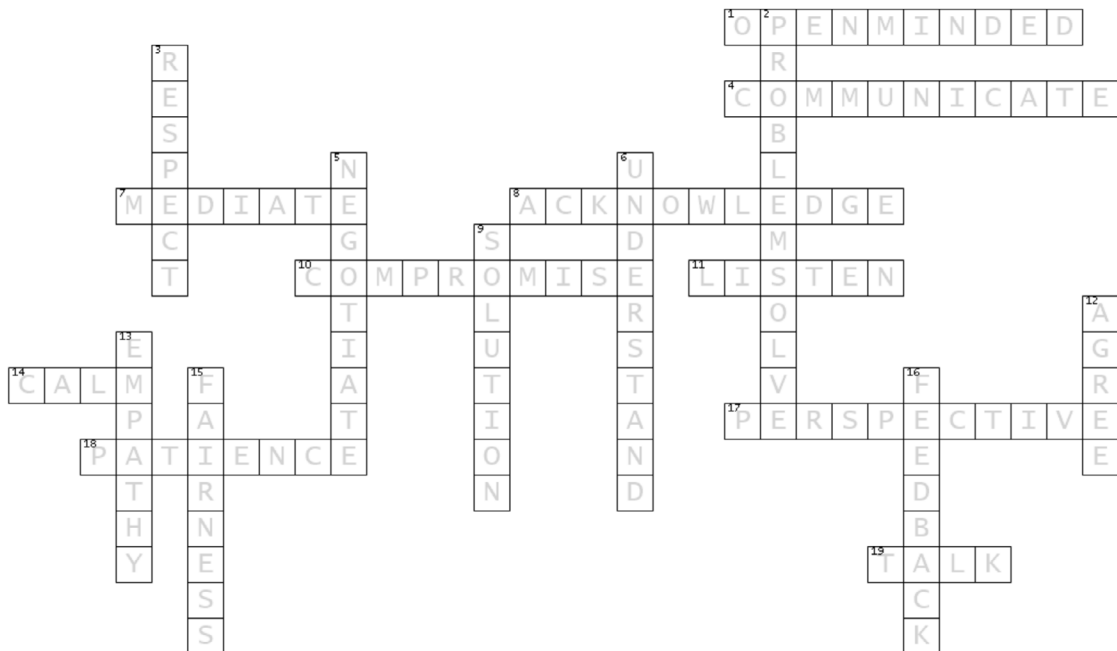


CONFLICT RESOLUTION ANSWERS

EASY PUZZLE

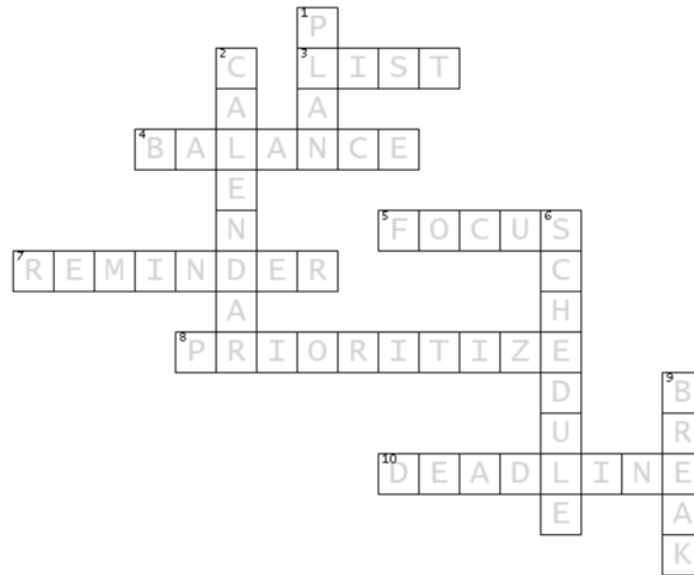


MEDIUM AND HARD PUZZLES

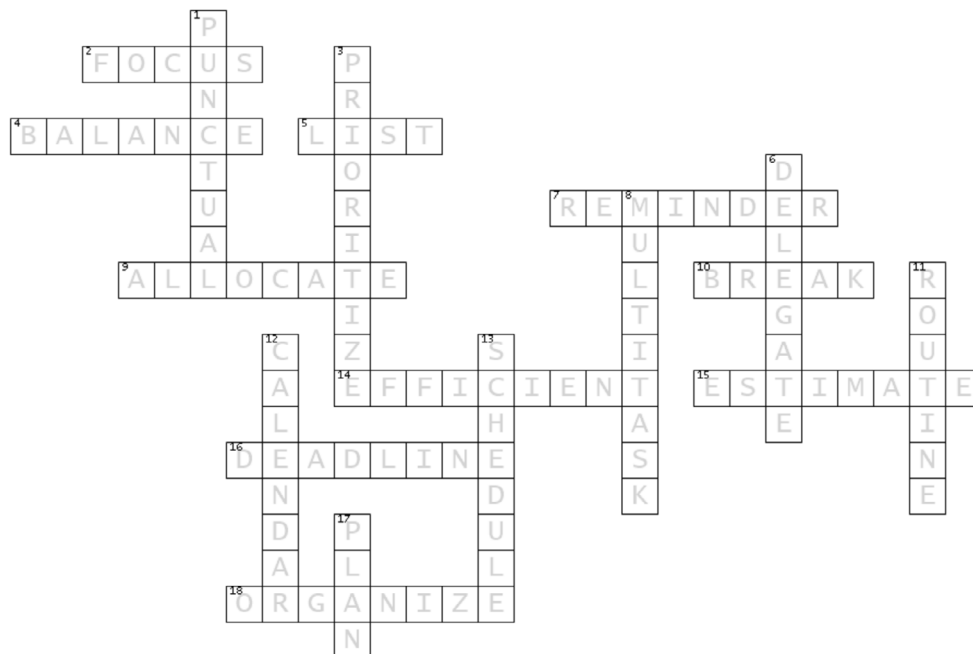


TIME MANAGEMENT ANSWERS

EASY PUZZLE

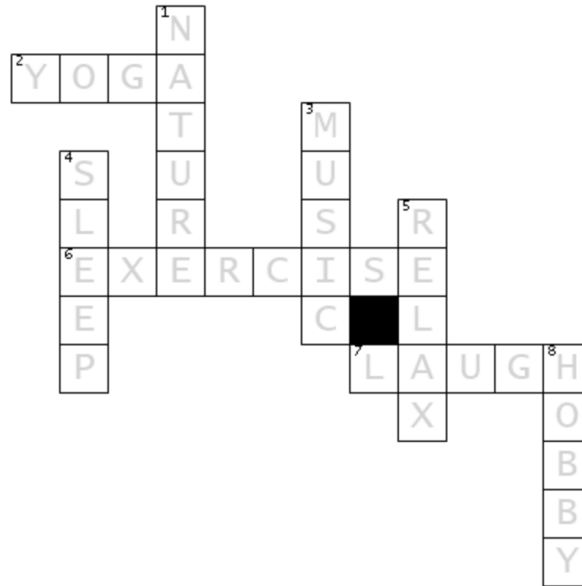


MEDIUM AND HARD PUZZLES

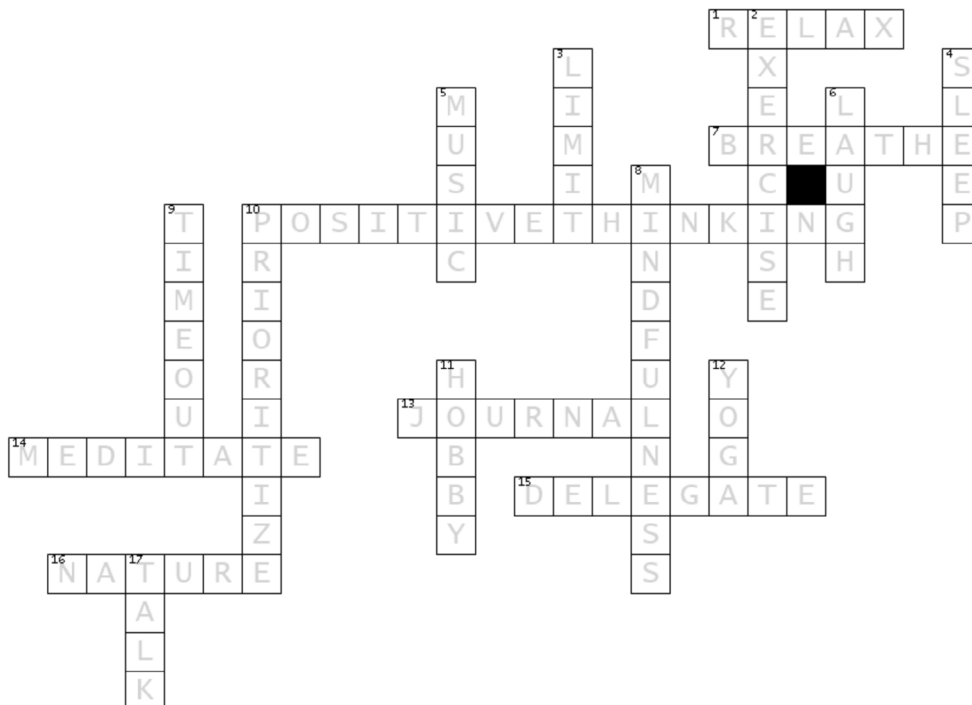


STRESS MANAGEMENT ANSWERS

EASY PUZZLE

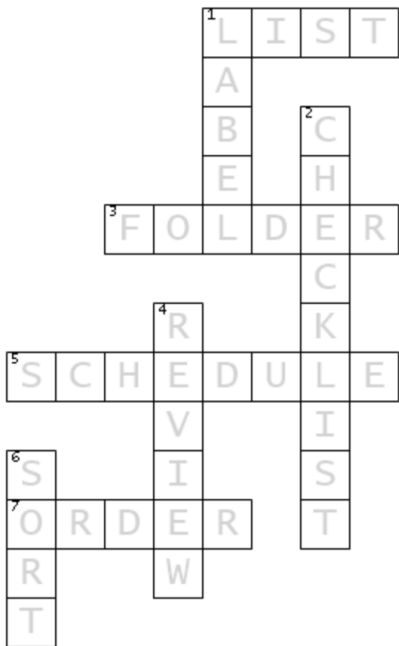


MEDIUM AND HARD PUZZLES

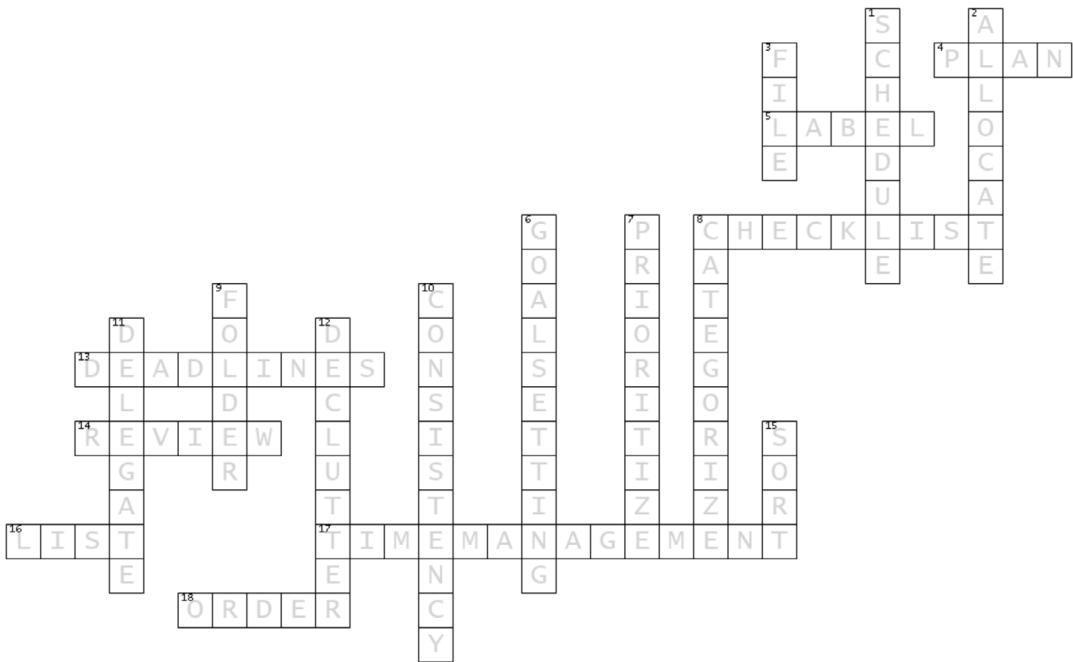


ORGANIZATIONAL SKILLS ANSWERS

EASY PUZZLE

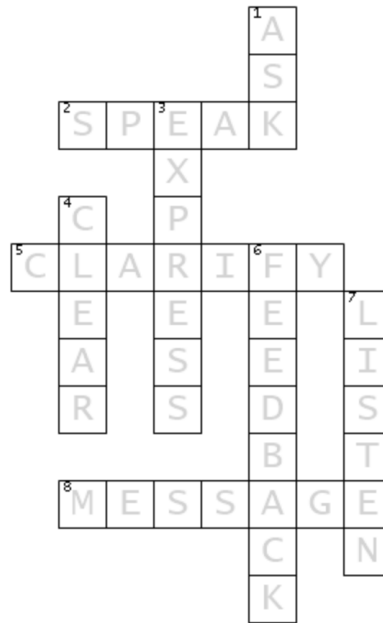


MEDIUM AND HARD PUZZLES

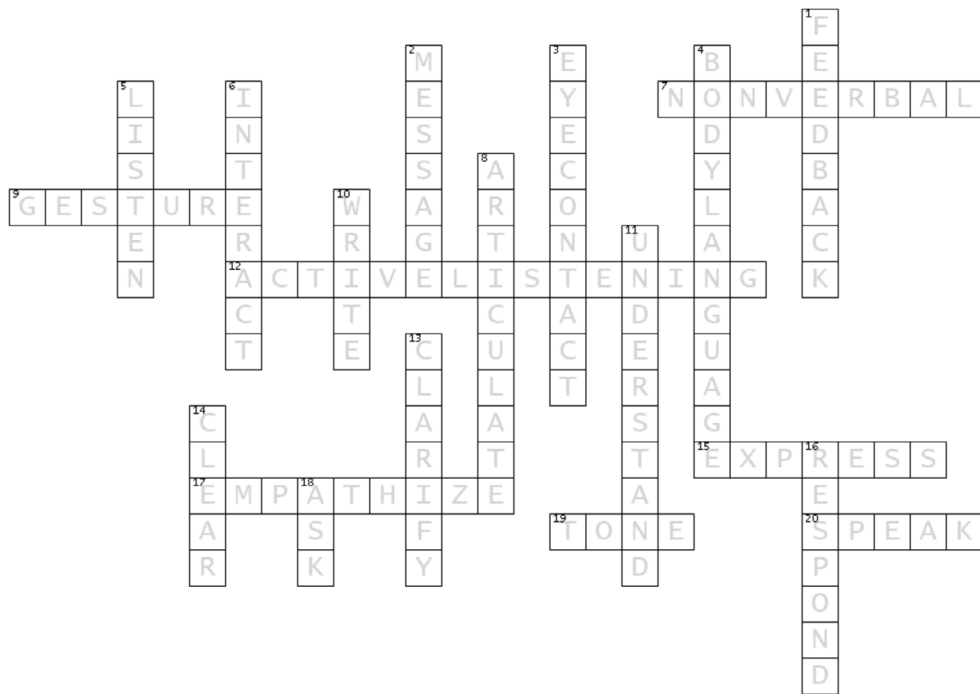


COMMUNICATION ANSWERS

EASY PUZZLE

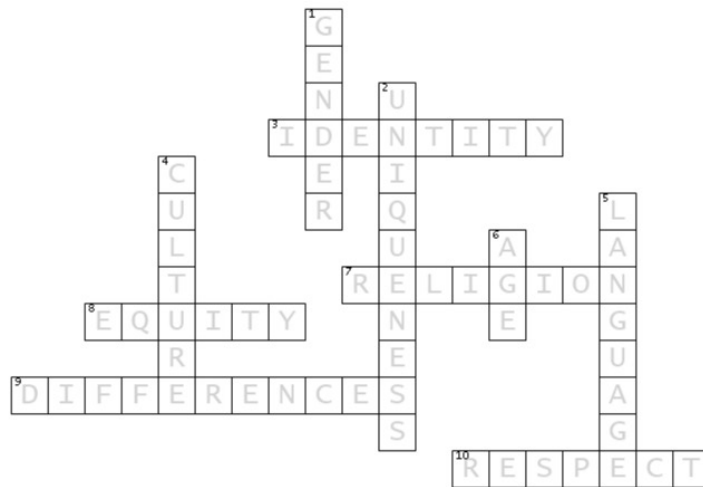


MEDIUM AND HARD PUZZLES

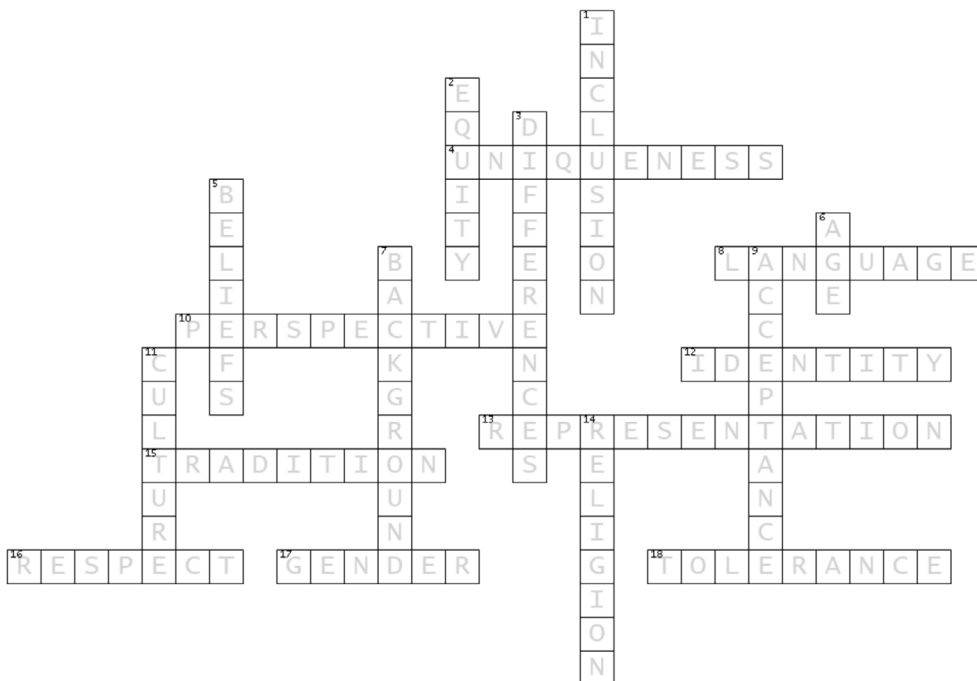


DIVERSITY ANSWERS

EASY PUZZLE

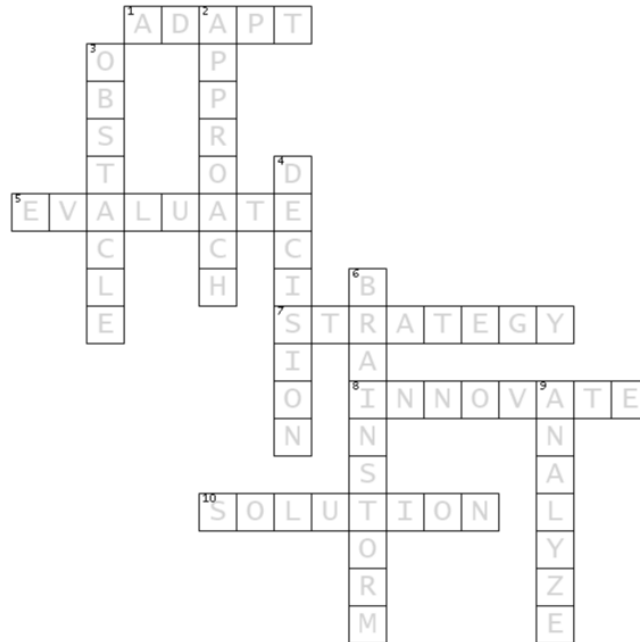


MEDIUM AND HARD PUZZLES

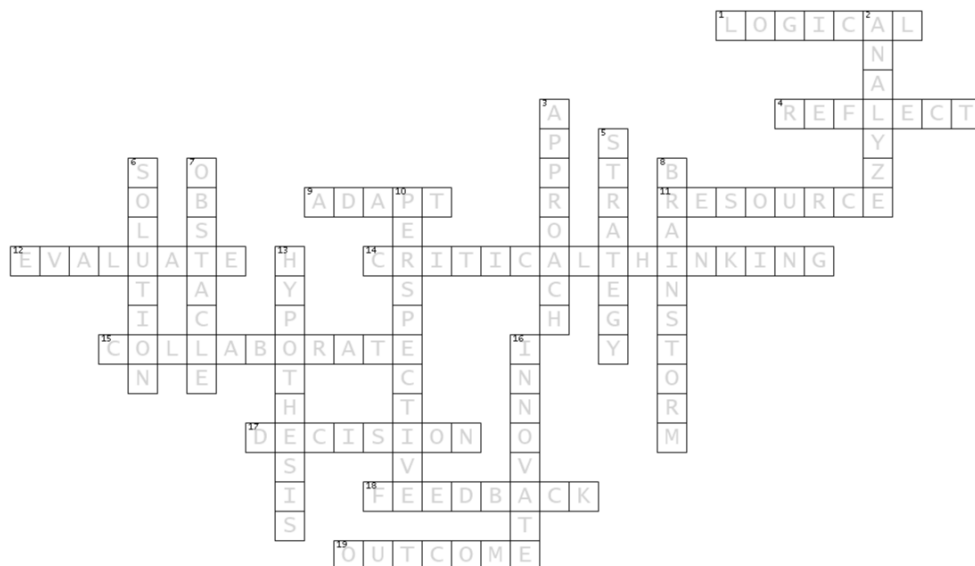


PROBLEM SOLVING ANSWERS

EASY PUZZLE

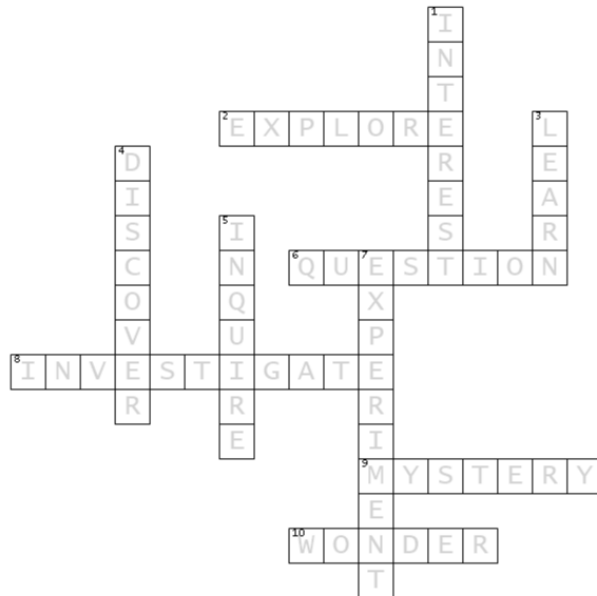


MEDIUM AND HARD PUZZLES

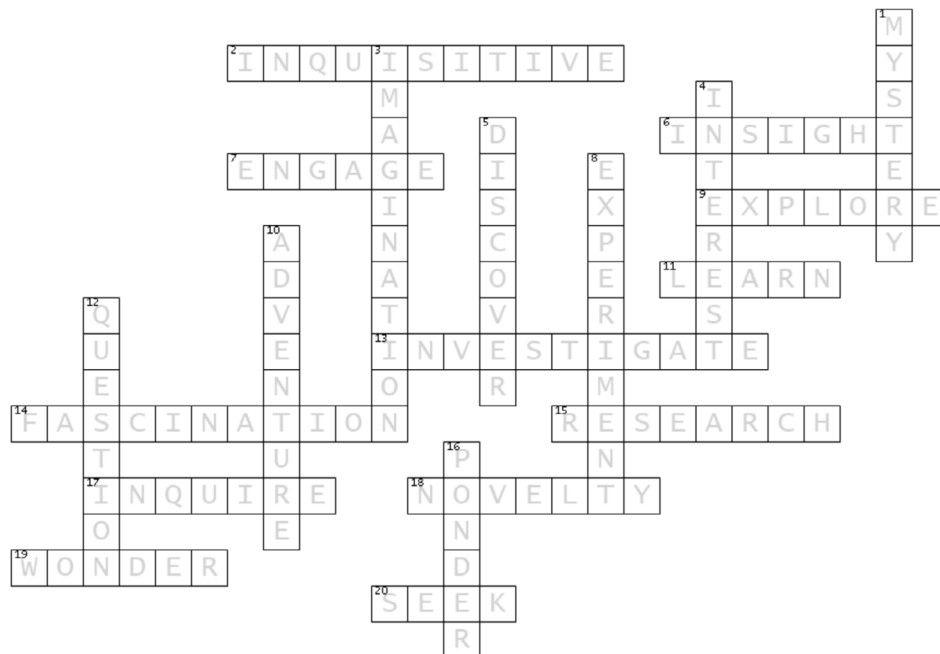


CURIOSITY ANSWERS

EASY PUZZLE

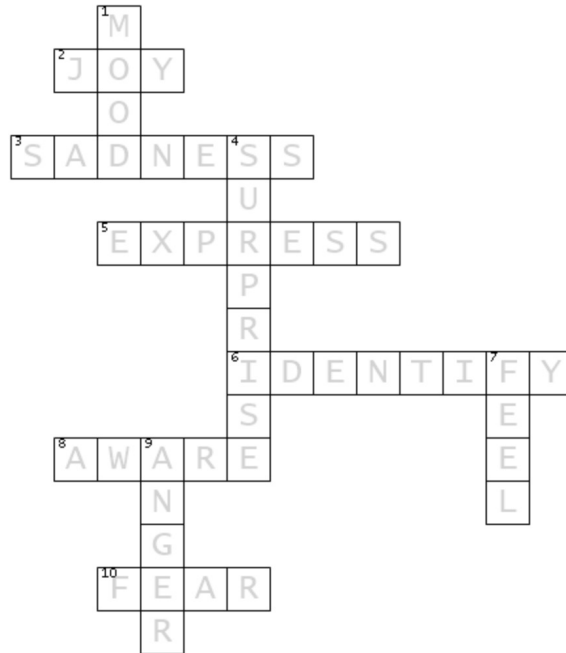


MEDIUM AND HARD PUZZLES

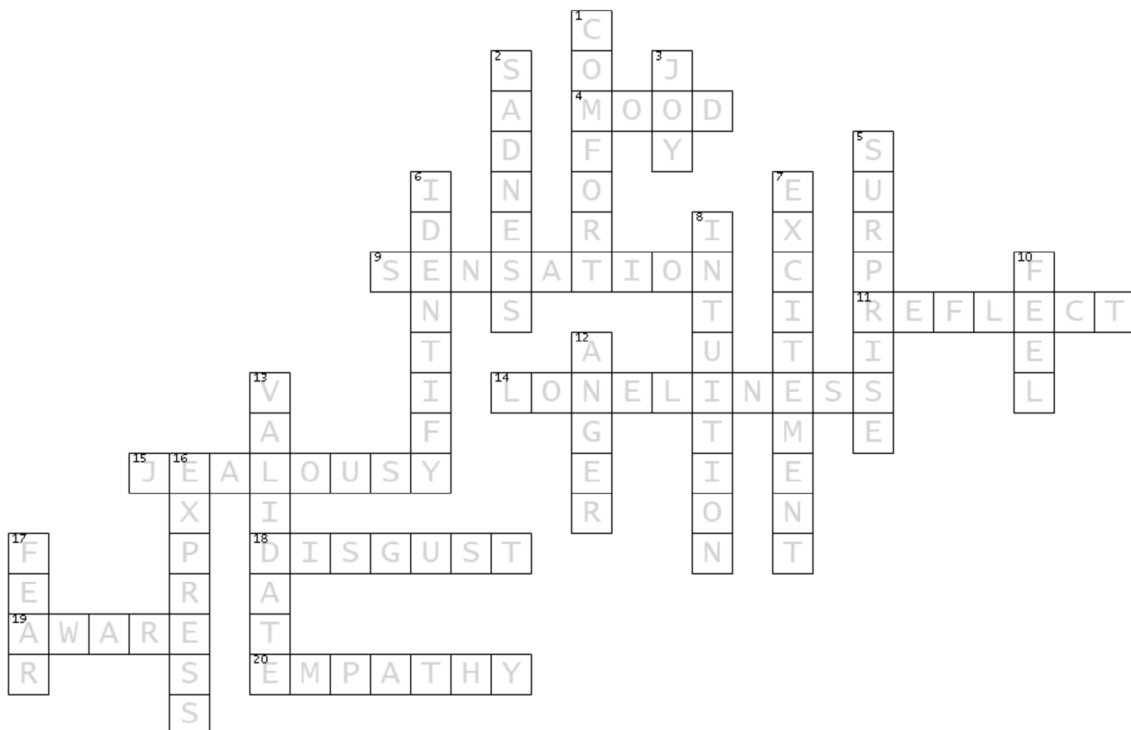


RECOGNIZING EMOTIONS ANSWERS

EASY PUZZLE

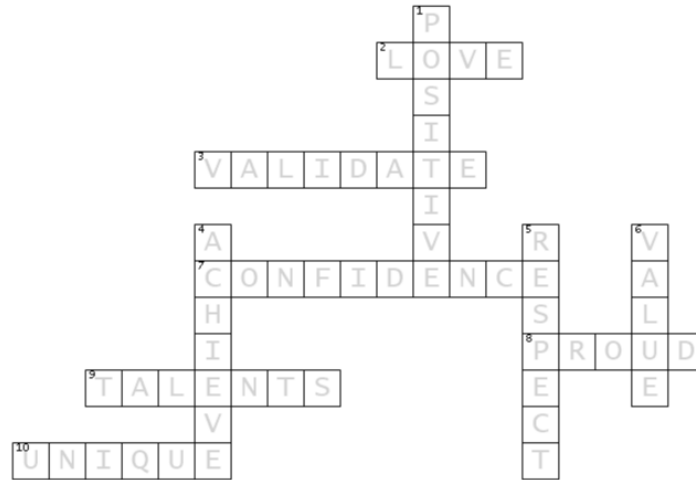


MEDIUM AND HARD PUZZLES



SELF- ESTEEM ANSWERS

EASY PUZZLE



MEDIUM AND HARD PUZZLES

