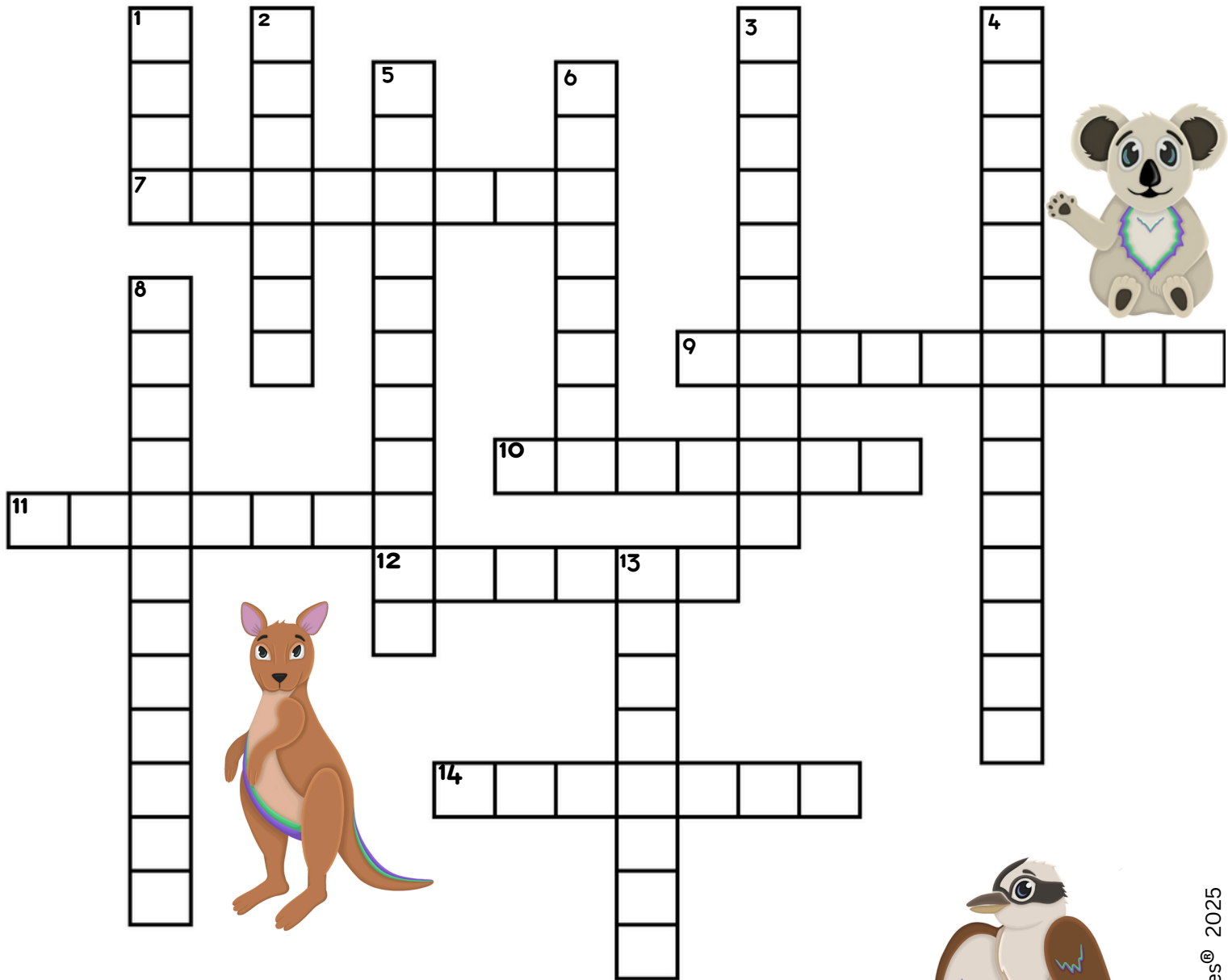


Mindful Mates® Crossword



Mindful Mates® 2025

Down:

1. We all ____ calm, sad, worried, and angry in our lives.
2. We show _____ when we consider another persons situation and their feelings.
3. _____ are rules we set with others to make sure our wellbeing and privacy is respected.
4. We take _____ when we accept and learn from the consequences of our choices.
5. _____ is the practice of focusing on your breathing and the present moment.
6. To _____ is to identify, understand and manage your emotions.
8. _____ are events, outcomes or reactions that happen as a result of our choices
13. Labels we use to describe how we are feeling are called _____.

Across:

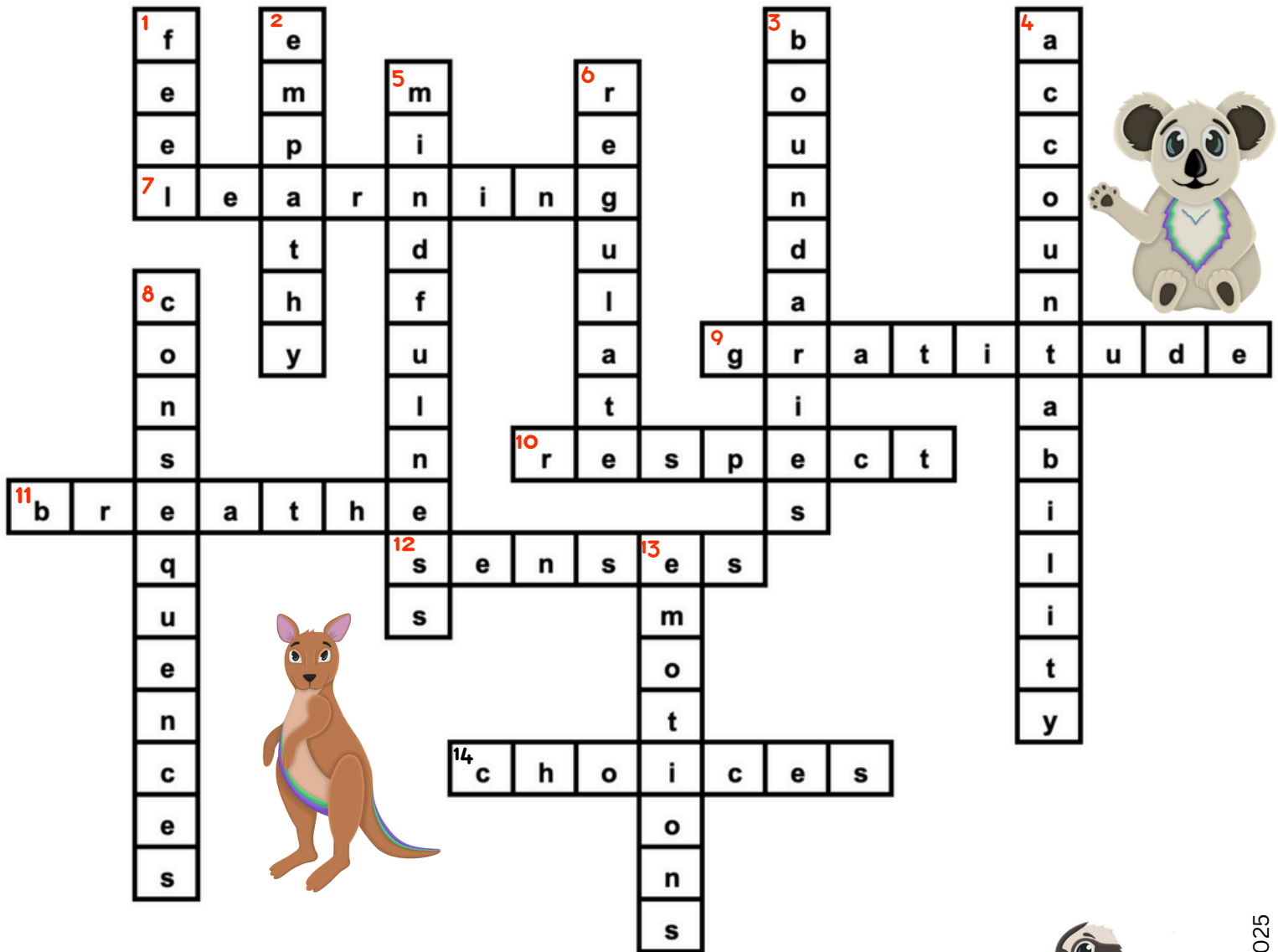
7. When we gain new knowledge, skills or behaviours from an experience we are _____.
9. _____ is showing appreciation for the things you are grateful for.
10. We show _____ by being kind, fair and safe.
11. _____ in, _____ out.
12. We use our _____ to be aware of the world around us.
14. We make _____ about how we react and respond in a situation.



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