

Mental Health Word Search

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

ANGER	BEHAVIOR	BODY LANGUAGE
COMMUNICATE	CONFIDENCE	COPE
COUNSELOR	DEEP BREATHING	DEPRESSION
EMOTIONS	FEELINGS	IMPULSIVE
JOURNAL	KIDS HELP PHONE	KIDS ON THE BLOCK
PROBLEM SOLVING	RESPECT	SELF ESTEEM
STRATEGIES	UNIQUE	

ANGER: anger is not bad. It is a strong emotion that lets us know when we feel that something is unfair. The way we act on that feeling is important.

BEHAVIOR: how a person acts.

BODY LANGUAGE: what your body is saying to others without words.

COMMUNICATE: to share information by speaking, writing, or through body language.

CONFIDENCE: believing in your own abilities.

COPE: how a person handles a problem.

COUNSELOR: a professional who works with adults or children to help them understand feelings and to solve problems.

DEEP BREATHING: a strategy to use to calm down.

DEPRESSION: a condition where a person has very strong feelings of sadness, anger and/or hopelessness for a long time.

EMOTIONS: any strong feeling

FEELINGS: a personal reaction

IMPULSIVE: acting or speaking without thinking.

JOURNAL: keeping a journal or diary helps us understand how we feel.

KIDS HELP PHONE: 1-800-422-0009, the phone number to call in Maryland for thyouth crisis helpline.

KIDS ON THE BLOCK: a group of puppets that teach kids about problem solving, bullying, disabilities and differences.

PROBLEM SOLVING: coming up with an idea or ideas to that will fix a problem.

RESPECT: to accept other people's feelings, actions and beliefs.

SELF ESTEEM: how you feel about yourself.

STRATEGIES: a variety of methods, tricks and tools used to help solve a problem.

UNIQUE: being one of a kind