

Calm Down

Easy · 10 × 10 · 8 words · across and down

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

☐ BREATHE

☐ COUNT

☐ CALM

☐ PAUSE

☐ QUIET

☐ REST

☐ SLOW

☐ RELAX

Calm Down: answer key

Easy · 10 × 10 · 8 words · across and down



☐ BREATHE

☐ COUNT

☐ CALM

☐ PAUSE

☐ QUIET

☐ REST

☐ SLOW

☐ RELAX