

I Have Squirrels in My Belly -Challenging

After you find the words, highlight the adjectives.



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

ANXIETY
CONTROL
MIND
SPIN
SWEATY
TICKLING

BREATHE
EMBARRASSED
MOVE
SQUIRRELS
TERRIBLE
TRANSITION

CALMING
INVISIBLE
REACT
STOMACH
THINKING
TWITCH

CHANGE
LEAP
SAFE
STRATEGIES
THOUGHTS
WORRISOME