



Stormy Currents



Where in our bodies do we feel anger or frustration?

Find the words and sentences in the word search and then circle the ones below that apply to you.

Knot In Stomach • Red Face • Heart Racing • Loud Voice • Quicker Speech • Tense Muscles • Tight Fists • Hot • Fast Breathing • Tears • Cant Keep Still • Shaking • Dry Mouth • Lump In Throat

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



Words may go forwards, backwards, up, down or diagonally.