

1,2,3 ... RELAX

ACROSS

2. being without stress and not tense
4. in your body where you take deep breaths
8. our lungs help us to do this
9. something to listen to
10. listening to someone describe a peaceful place
12. to make pictures or images
13. parents, caregivers, siblings, relatives
15. feeling at ease and relaxed; casual
16. get up and be active; move around
17. buddies and close classmates

DOWN

3. Basketball, baseball, soccer, tennis are these
4. a calming color, like the sky and sea
5. Someone tells a joke and you might do this
6. a mental practice
7. practice of postures for health and to relax
9. being aware of something
11. count to 8, 9, ____.
14. parts of body where we can feel stress
15. to be still and quiet
16. writing down ideas and thoughts

