

Name: _____

Date: _____

Brain

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

threshold effect
grey matter
nutrition
practice
purpose
oxygen
brain

neuroplasticity
association
remember
positive
breathe
memory
love

frontal lobe
mindfulness
meditate
neurons
anomia
sleep
move

connections
spiritual
exercise
present
senses
focus