

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Healthy Brain

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

antioxidants  
relaxation  
emotions  
massage  
movies  
travel  
smile  
hike

switch hands  
breakfast  
language  
puzzles  
onions  
chess  
water  
news

whole grains  
breathing  
physical  
veggies  
safety  
dance  
bake  
read

amino acids  
olive oil  
vitamins  
career  
school  
learn  
bath  
yoga

video games  
volunteer  
avocado  
fruits  
social  
music  
bike  
art

meditation  
yard work  
hobbies  
mental  
sports  
sleep  
fish  
fun