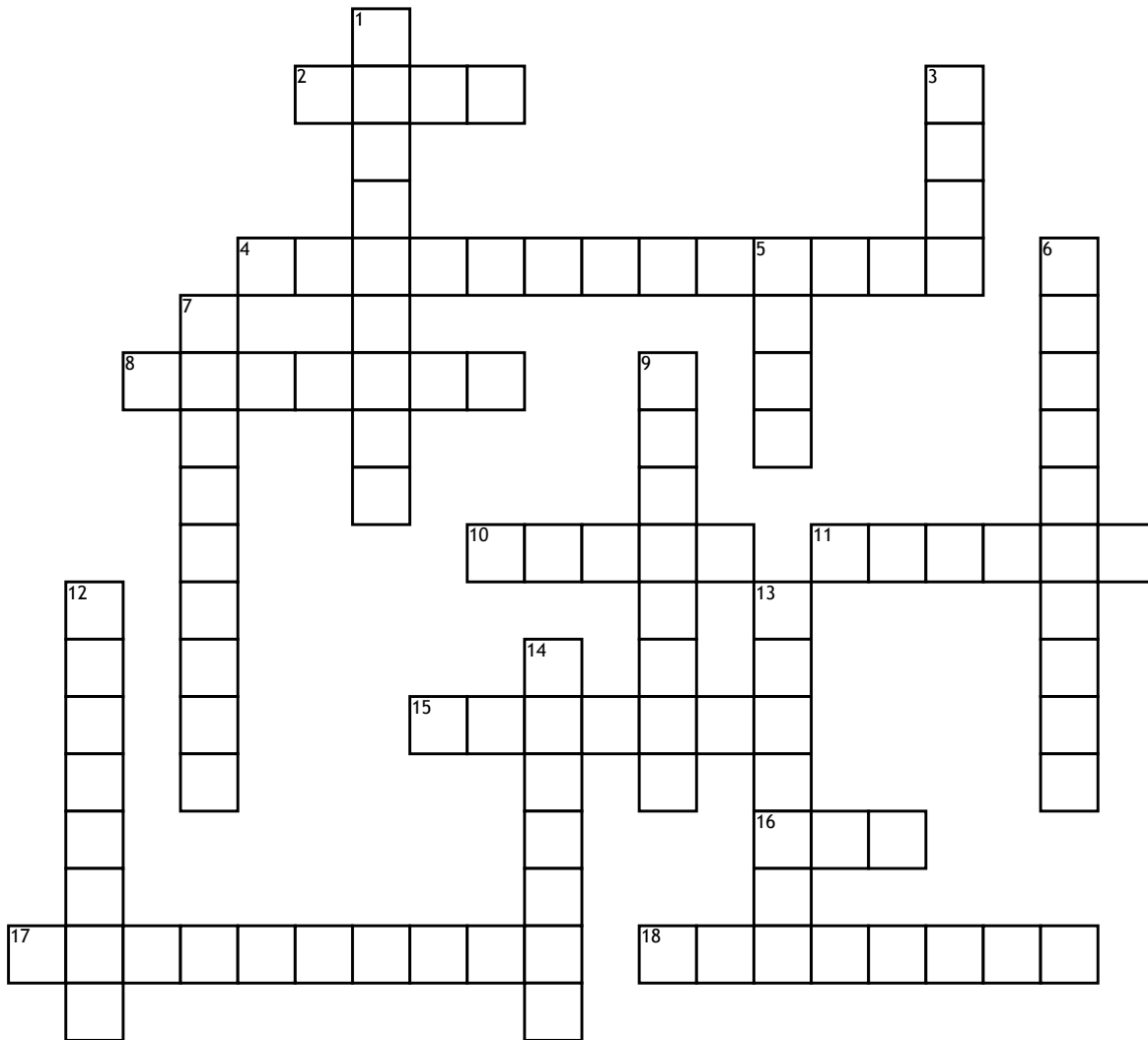


Leisure



Across

2. An activity that pairs deep breathing and stretching together
 4. the process of being guided through calming or helpful images
 8. "spare" is a term for this sport
 10. A popular phrase in this game is "king me"
 11. Activities done with other people such as going out to eat or playing a sport are known as _____ leisure
 15. A craft that involves folding paper in to different designs
 16. When you have one card left, you yell this at the end of the game

17. activity that is done in one's free time that is pleasurable and brings satisfaction

18. physical activity that releases endorphins (happy chemical in the brain)

Down

1. crosswords, puzzles, and word searches are all examples of _____ leisure
 3. Activity that is spontaneous, self expressive, and involves exploration
 5. in this sport, you use a tee
 6. the act of relaxing the mind and body; the state of being free from tension and anxiety

7. Activities typically done alone such as reading are known as _____ leisure

9. Aerobics, exercising, and dancing are all forms of _____ leisure

12. The object of this game is to get your team to guess what you are acting out

13. time free from the demands of work or duty; time used to pursue personal interests

14. Activity that involves a hook, line, and sinker