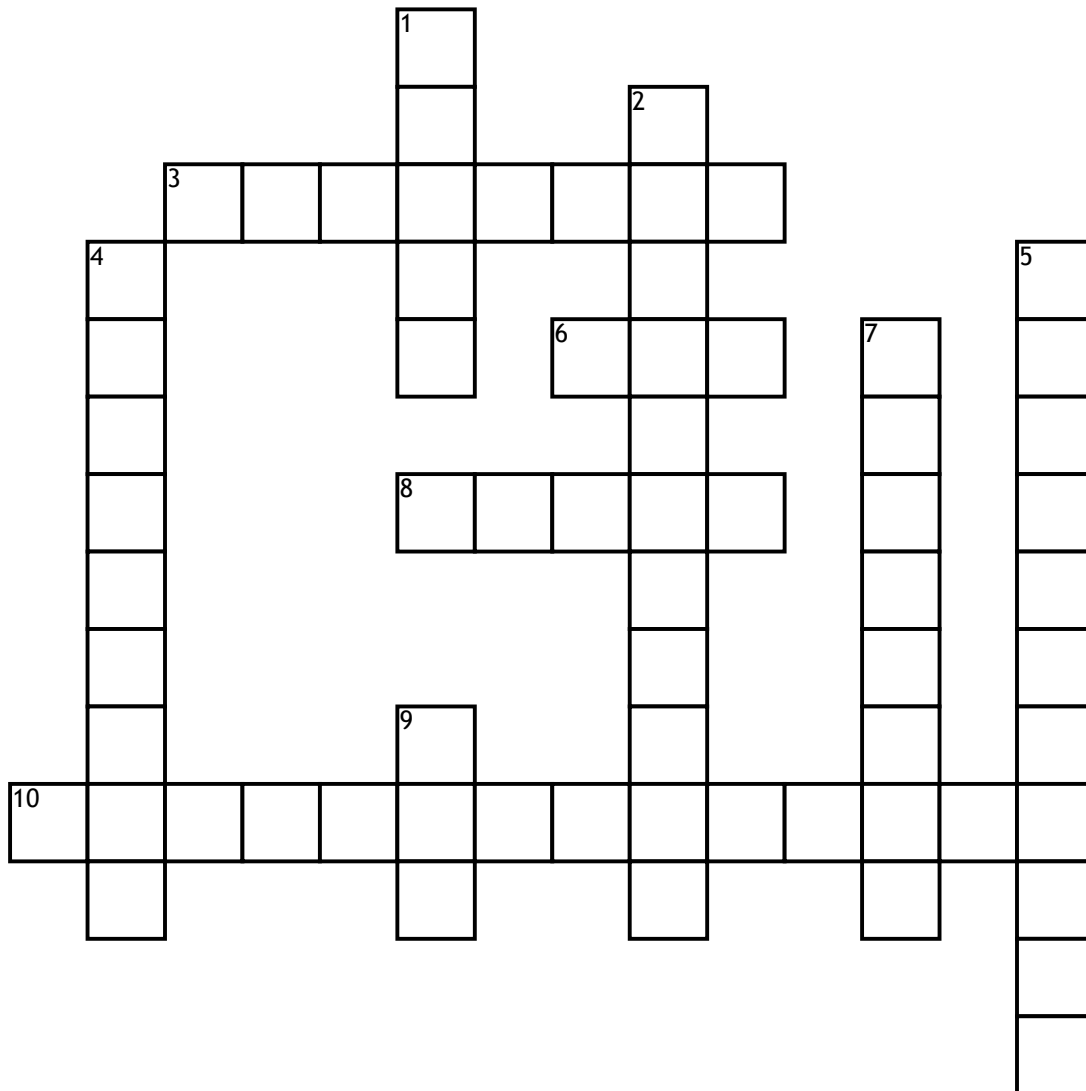


Name: _____

Date: _____

The Gwynne Grade 5/6 class that holds the neural network record:)



Across

- 3. When our body is in flight, fight or freeze mode, what part of the brain is activated?
- 6. What three letter word should we add to the end of our negative sentences?
- 8. When you feel that you are as good as you are going to get at something, what kind of mindset do you have?
- 10. What three words describe a realistic and healthy view of oneself?

Down

- 1. What wakes your brain up from sleep?
- 2. What food may help boost short term memory?
- 4. What is the chemical produced in our body that helps us sleep?
- 5. What part of the brain holds your memories?
- 7. Our brain grows when we make?
- 9. The blue ___ ___ ___ light on a smartphone reduces the levels of melatonin in our brain.