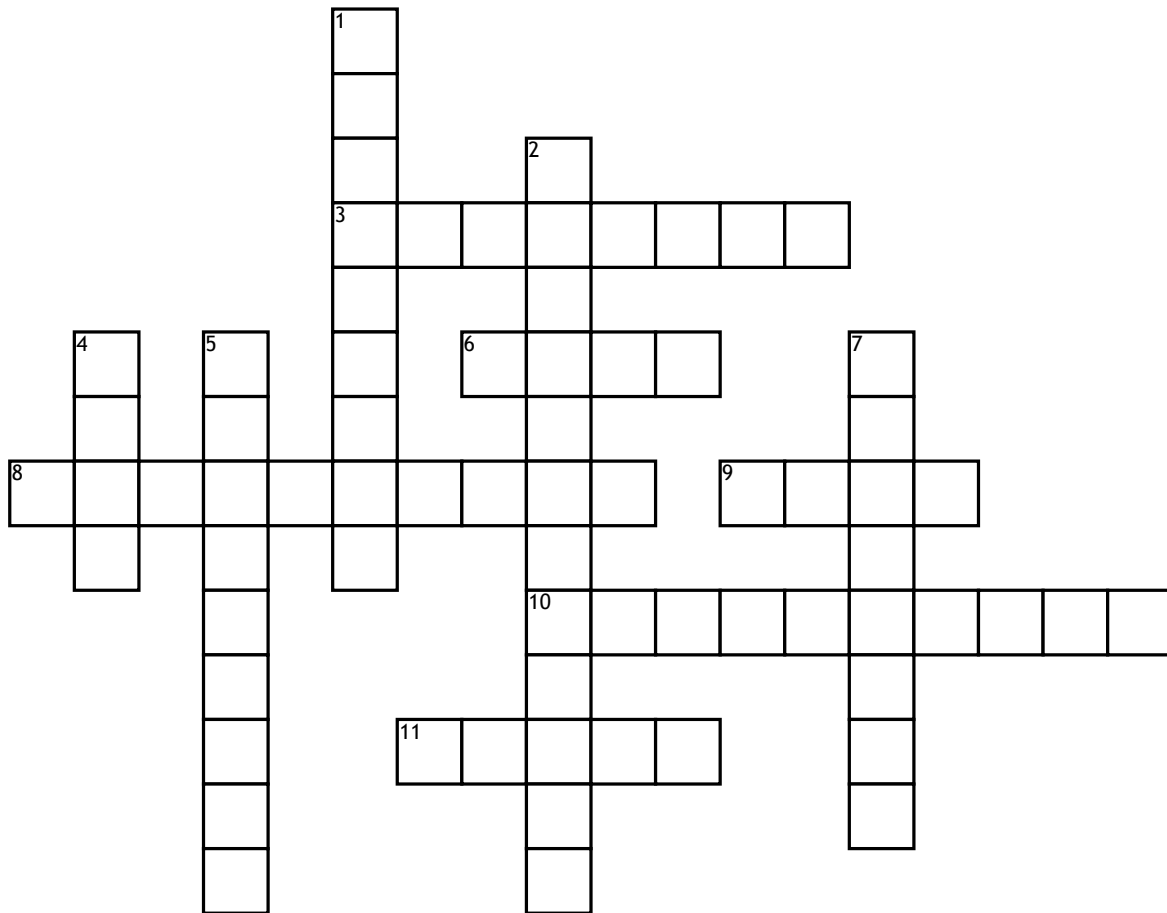


Name: _____

Date: _____

apps



Across

- 3. learn a language online
- 6. makes videos
- 8. tracks your sleep
- 9. period tracker
- 10. slows down breathing to help you feel calm
- 11. control how long you spend on your phone

Down

- 1. meditation, calm, mindfulness
- 2. online library
- 4. meditations, calm music, helps you sleep
- 5. helps anxiety
- 7. control how long you spend on your phone