Caring For The Brain

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| **Across****2.** Easy task to relax your brain is to**7.** What can ruin your brain**8.** Simple things can help**9.** To help your brain you should get limited on**10.** When you try to hard you create | **Down****1.** How well can you get a point across**3.** How badly you want something**4.** How much stress you feel to do something**5.** Your mind needs to be **6.** The key to the future |

   Unlocking       Desire       comunication skills       pressure       play a sport       screentime       stress       sharpen you mind       excersised       addictive chemicals