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