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Mental Health

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| **Across**  **7.** Something we did in class to relax while we listened to music (4 words)  **8.** What is the name of the physical Ancient Chinese art we practised in K1 (2 words)  **9.** A physical practice that can calm you and relax you  **10.** Traits that shape our personality are known as \_\_\_\_\_\_\_\_\_\_\_\_\_ traits  **11.** The name of the island we 'visited' during the Mind Matters unit, \_\_\_\_ Cay  **12.** Something you can practice to 'still' or relax your mind | **Down**  **1.** A person we can look up to and admire  **2.** A quality of a good role model  **3.** A professional you can visit to seek help with mental health issues  **4.** Mental Health is a state of \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ (2 words)  **5.** A stage of physical and emotional change in a person's life  **6.** A quality that enables you to bounce back after a challenge |