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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 |