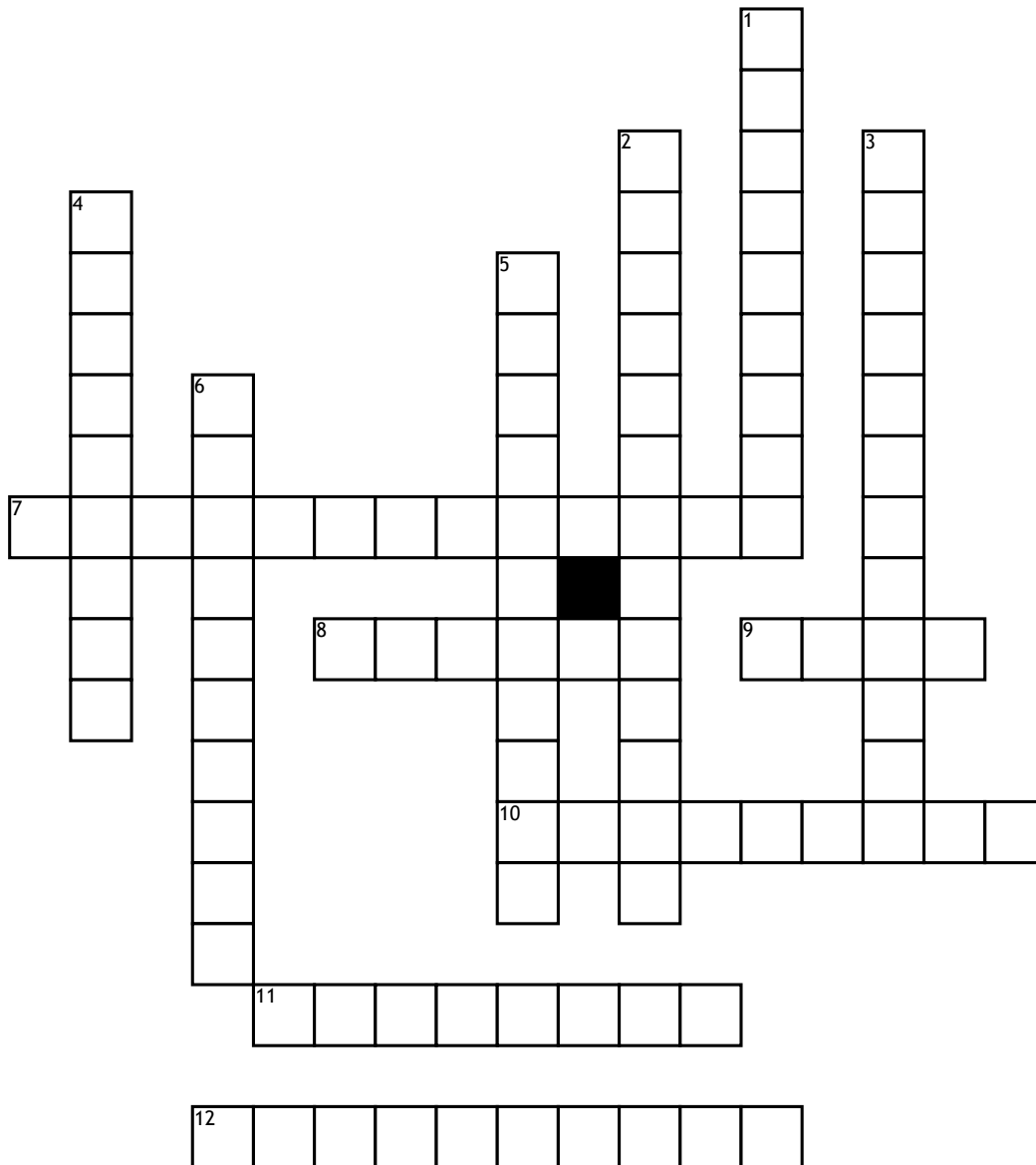


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mental Health



## 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