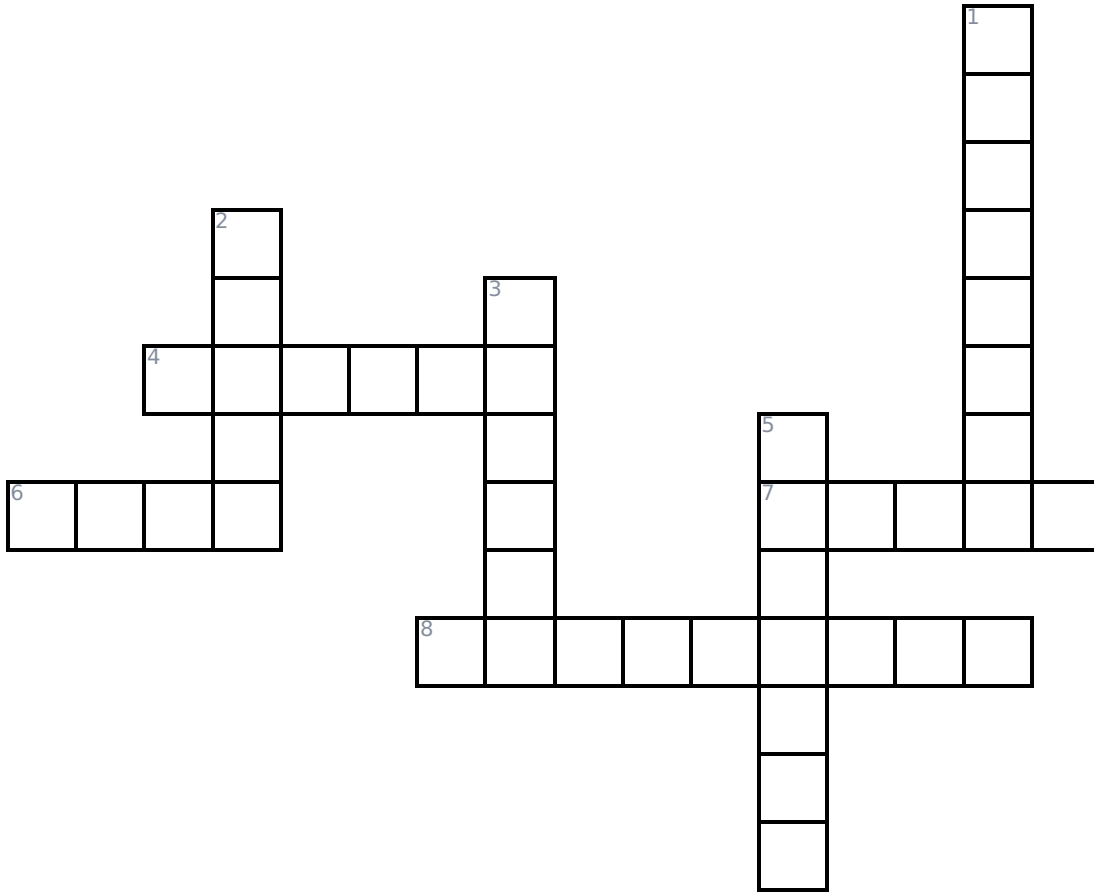


How to Train Your Amygdala: Criss Cross

Answer clues based on the content and vocabulary words from *How to Train Your Amygdala* by Anna Housley Juster. Look for hints in the Word Bank. Print the puzzle or use it on your tablet, phone, or computer.



Across

- 4. the possibility that something bad will happen or you will get hurt
- 6. to become relaxed
- 7. to become quiet and calm after you have been upset or nervous
- 8. easily upset

Down

- 1. This part of your brain controls your emotions
- 2. When your amygdala senses danger it will send an ____ to your body
- 3. to stop moving suddenly and stay completely still and quiet
- 5. to keep someone or something safe from harm

Word Bank

AMYGDALA
DANGER

ALARM
SENSITIVE

FREEZE
RELAX

PROTECT
CALM

Answer Key

