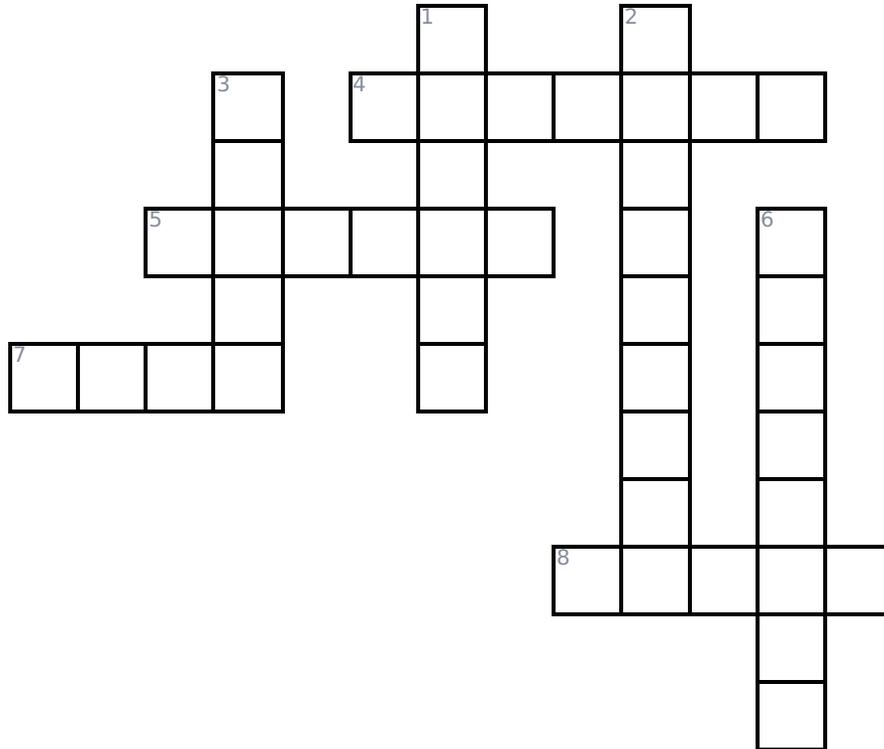


## How to Train Your Amygdala: Criss Cross

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. to keep someone or something safe from harm
5. the possibility that something bad will happen or you will get hurt
7. to become relaxed
8. to become quiet and calm after you have been upset or nervous

## Down

- 1. to stop moving suddenly and stay completely still and quiet
- 2. easily upset
- 3. When your amygdala senses danger it will send an \_\_\_ to your body
- 6. This part of your brain controls your emotions

## Word Bank

AMYGDALA  
DANGER

ALARM  
SENSITIVE

FREEZE  
RELAX

PROTECT  
CALM

# Answer Key

