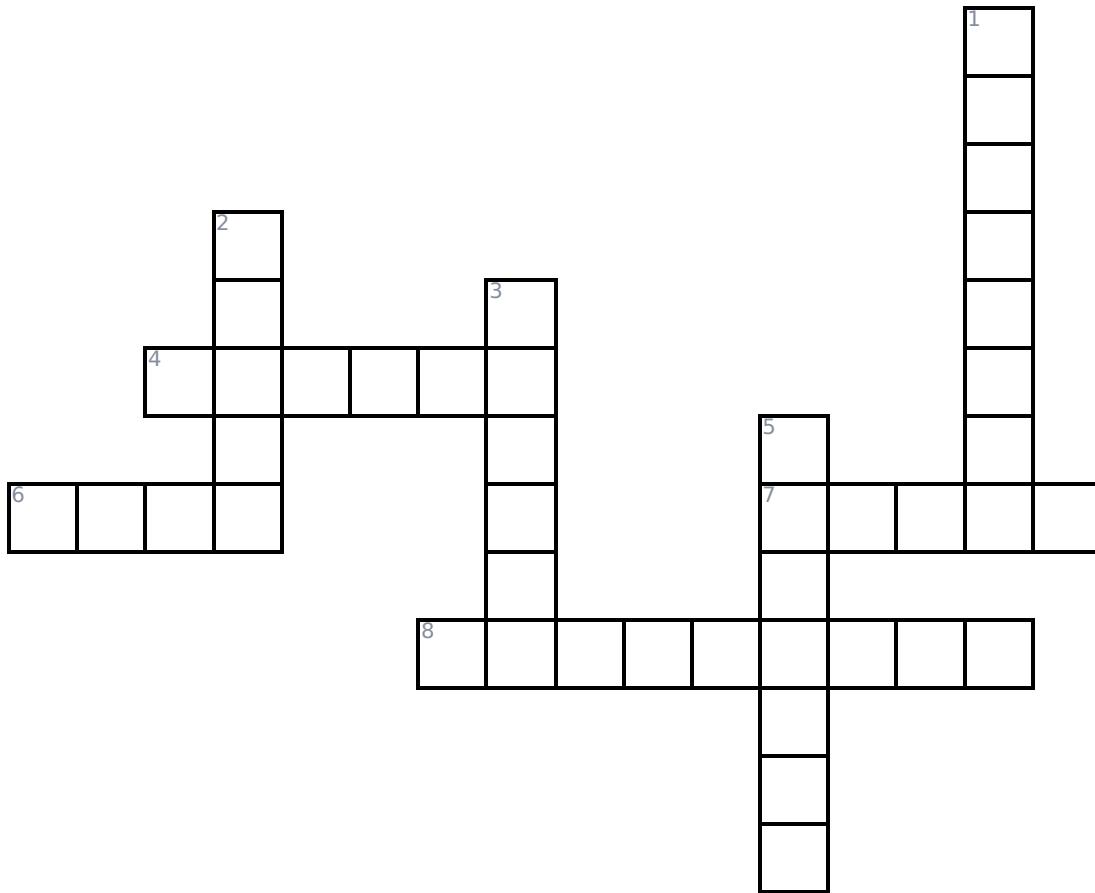


How to Train Your Amygdala: Criss Cross

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

