

How to Train Your Amygdala: Word Search

Find the words in the list.

D B C O R C D W W
S B Y R E L A X D
I A L A P U N L L
R L R F B D G A M
C A P R O T E C T
F R E E Z E R F V
A M Y G D A L A O
S E N S I T I V E
W A V R O U M B E

Word Bank

AMYGDALA

ALARM

FREEZE

PROTECT

DANGER

SENSITIVE

RELAX

CALM

Answer Key

C D
R E L A X
A N L
L G M
A P R O T E C T
F R E E Z E R
A M Y G D A L A
S E N S I T I V E