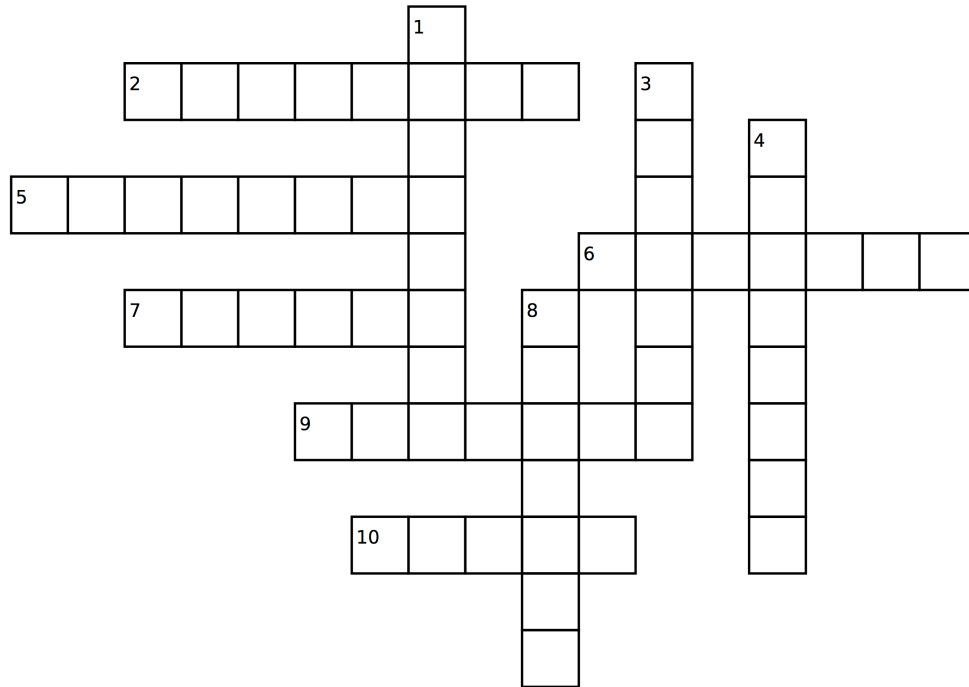


Muscle Relaxation Crossword Puzzle



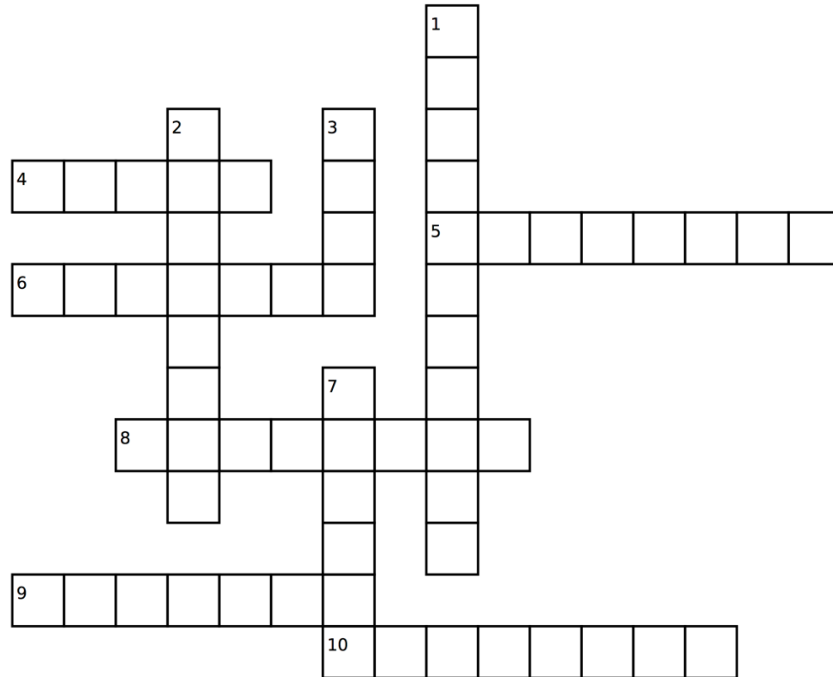
Down:

- 1. an emotional state or reaction
- 3. has six arms and two legs
- 4. a shaded cloud of anger
- 8. the U.S. has 18 of these

Across:

- 2. something to collect on vacation
- 5. free from disturbance
- 6. provide with food necessary for growth
- 7. a place that bugs like
- 9. tissue found in most animals
- 10. the world has 5 of these

Belly Breathing Crossword Puzzle



Down:

1. state of being aware of something
2. reducing tension or anxiety
3. sea otters live here
7. can be used to relax

Across:

4. something you need to surf
5. an emotional response
6. something that helps us relax
8. secure firmly in position
9. grows from a bird's skin
10. something to collect