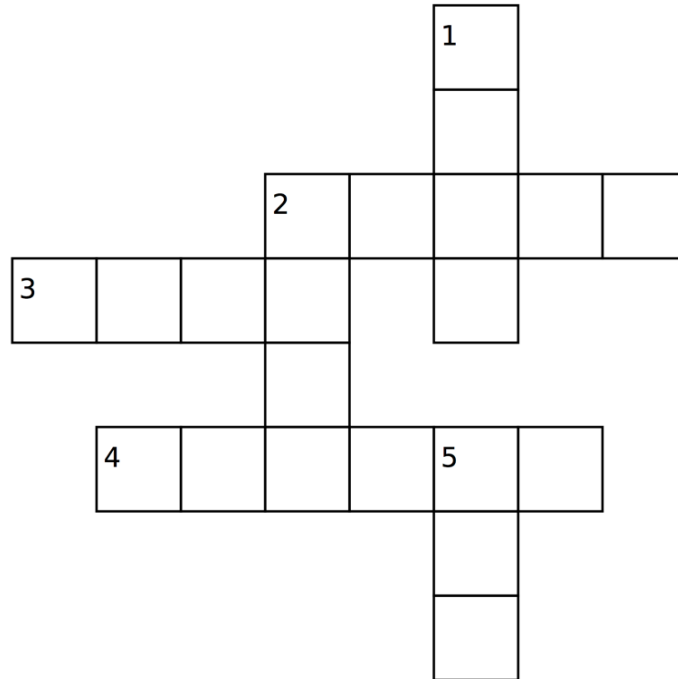


Muscle Relaxation Crossword Puzzle



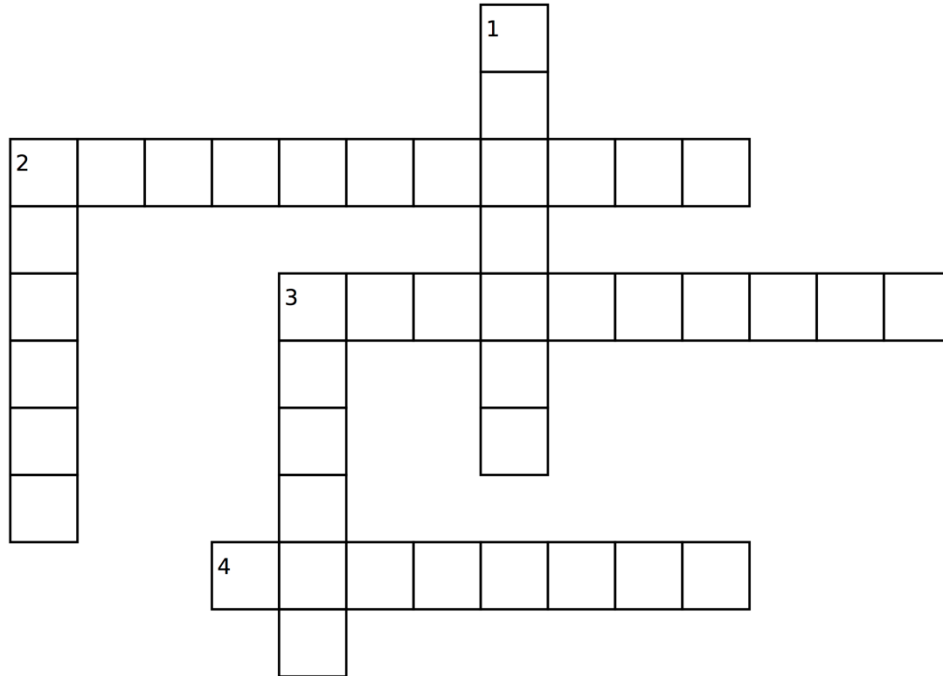
Down:

1. peaceful and not showing anger
2. teaches a boy how to relax
5. it's made up of salt water

Across:

2. this goes up and down if we are breathing properly
3. air can go through this
4. a felling when you have too much homework

Muscle Relaxation Crossword Puzzle



Down:

1. the U.S. has 18 of these
2. a silky case of protection
3. short of time

Across:

2. the larva of a butterfly
3. free from tension and anxiety.
4. something to collect on vacation