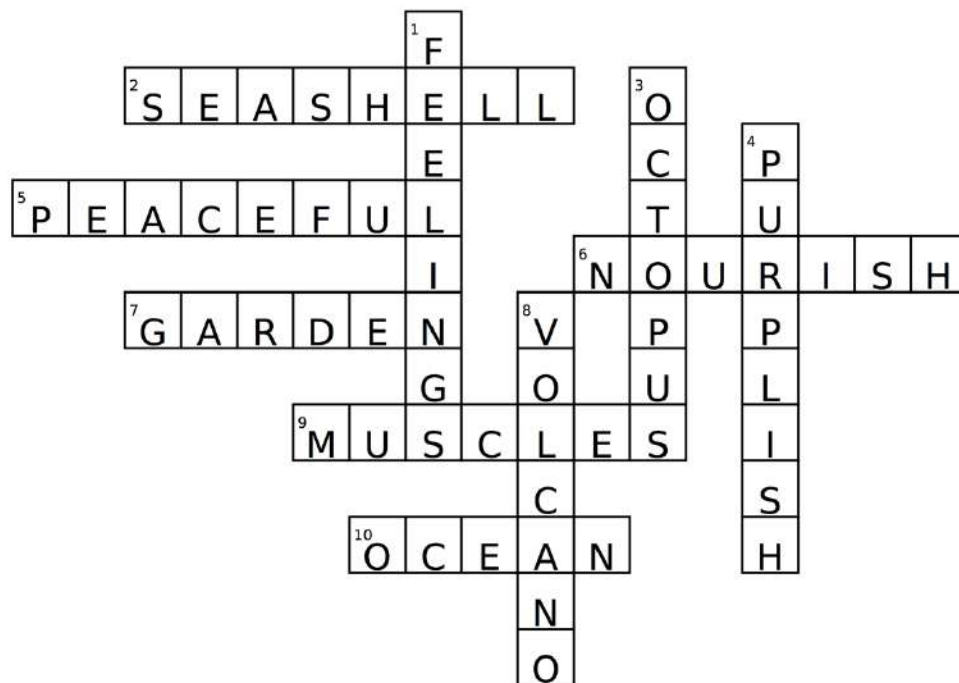


# Muscle Relaxation Crossword Puzzle



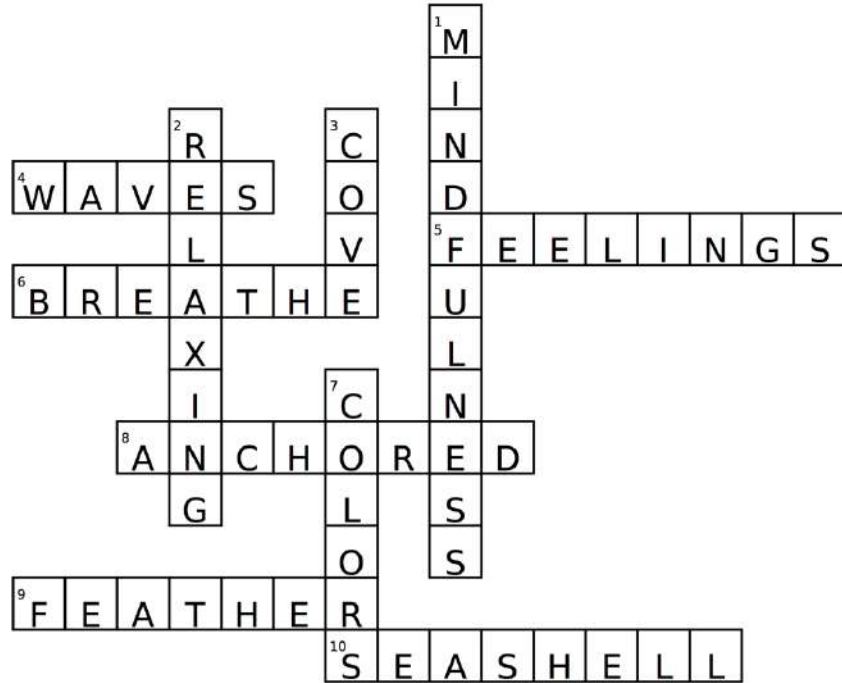
## Down:

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