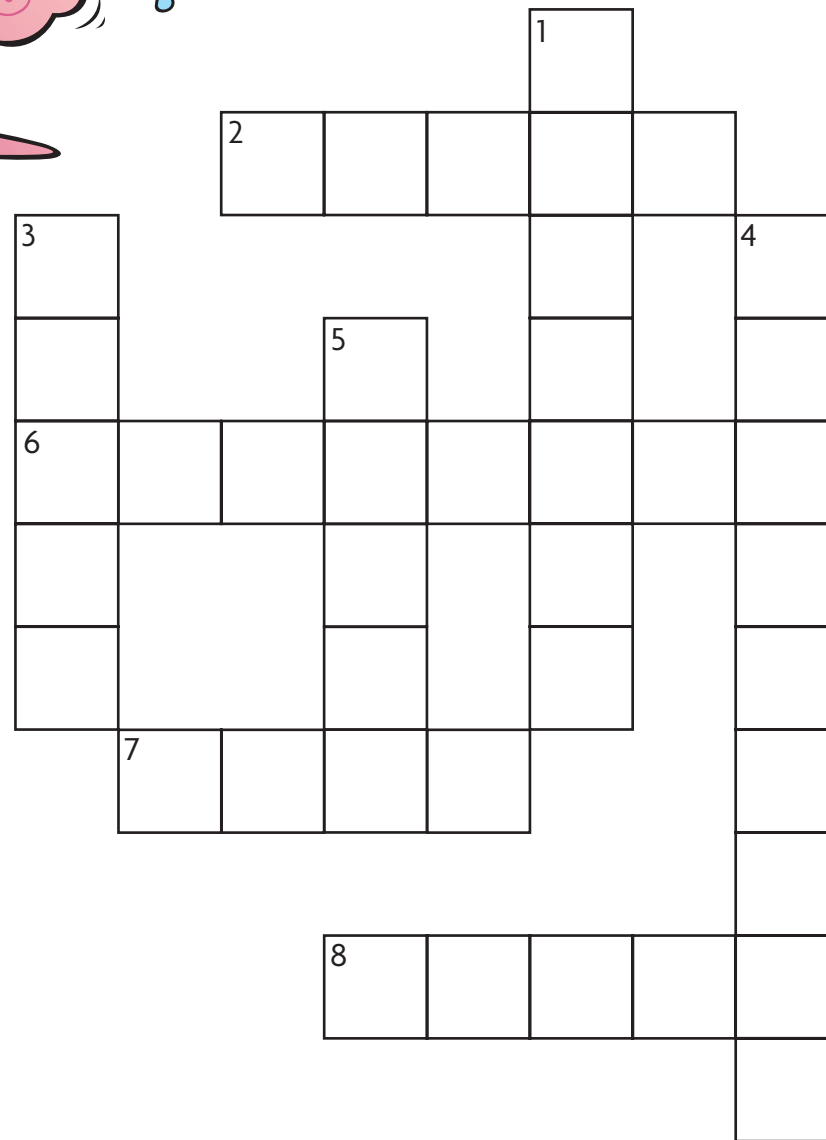




Exercise Your Brain



ACROSS

2. Drink this every day
6. Do it 60 minutes a day to be fit
7. This drink is great for your bones
8. Brush and do this to your teeth every day

DOWN

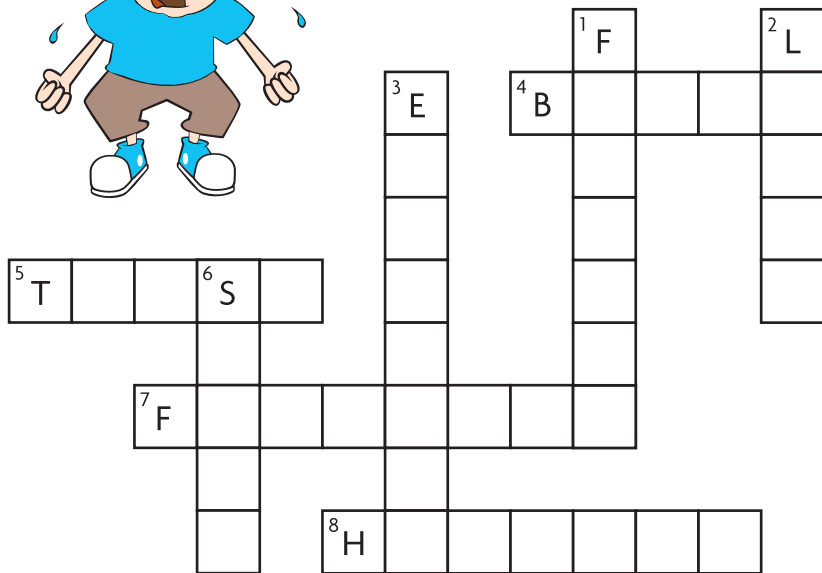
1. Eat your fruits and these
3. Get at least 10 hours of this each night
4. Start the day off right with this meal
5. Sound your tummy makes when it's hungry

1. Veggies, 2. Water, 3. Sleep, 4. Breakfast
5. Growl, 6. Exercise, 7. Milk, 8. Floss



Chill Out

These things can help if you're feeling stressed out.



ACROSS

4. Walk away. Take a ____.
5. Talk it out with someone you ____.
7. Write about your ____.
8. Eat snacks that are ____.

DOWN

1. Play with your ____.
2. Tell jokes. It can help you do this.
3. Running and jumping rope are examples.
6. Get plenty of this at night.

1. Friends, 2. Laugh, 3. Exercise, 4. Break,
5. Trust, 6. Sleep, 7. Feelings, 8. Healthy