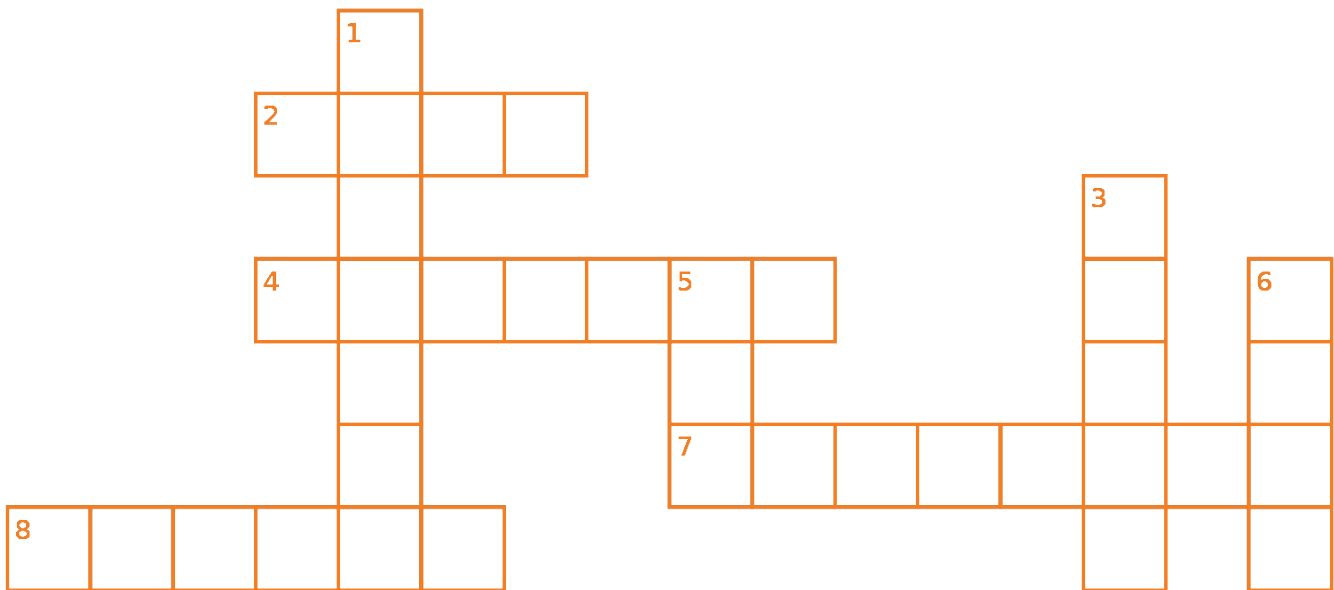


Name \_\_\_\_\_

# Recharge for a Better Mood Crossword

Your mood is your motivation to make healthy choices. Your energy levels can influence your mood. Read the clues to complete the crossword on ways to recharge your energy.



## Down

1. A place to write down or draw your thoughts and ideas
3. I can be made with instruments and voices
5. 20 minutes is a power but a long one is an hour
6. Relaxing exercise with animal poses

## Across

2. I can tell you wild stories or even teach you how to cook
4. I am a picture made from crayons, paint, or chalk
7. An activity that requires a (brush) stroke of creativity
8. Has many pieces but only one image