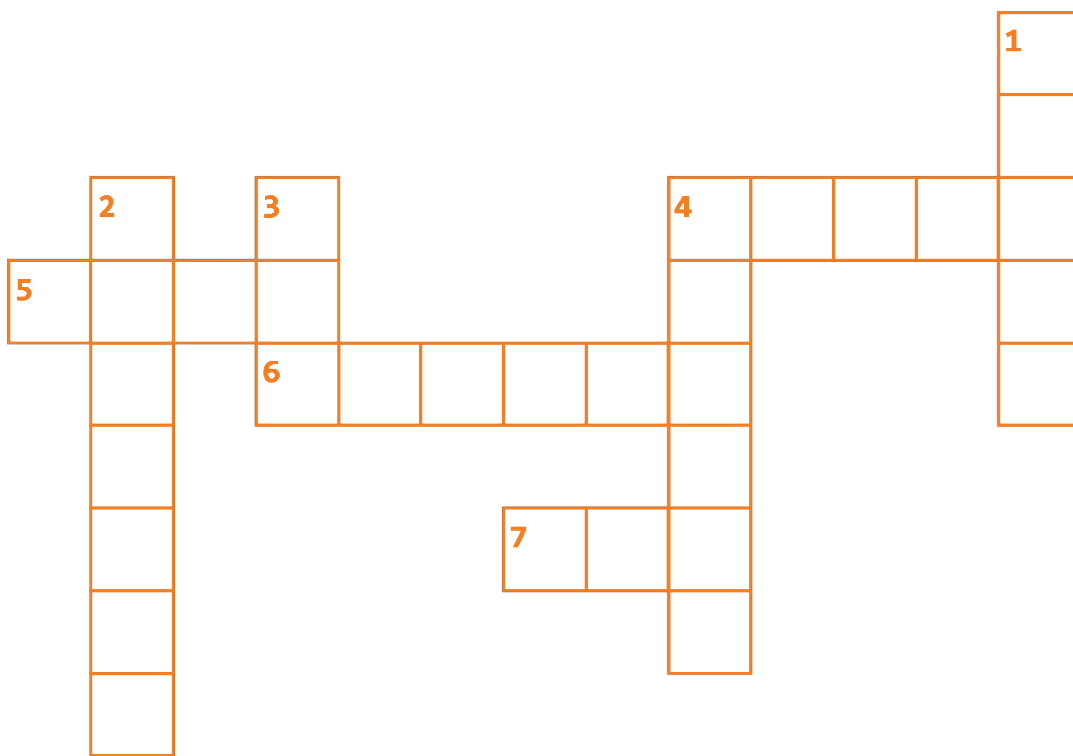


Name _____

Recharge Your Energy and Motivate Your Mood Crossword

If your energy is low, it can influence your emotions and affect your mood. Discover ways you can recharge your body and brain and motivate your mood by completing the crossword below.



Down

1. You can listen or dance to me.
2. An activity where you write or draw your feelings and experiences.
3. A short snooze during the day
4. To calm your body and brain, take a deep _____ in and then out.

Across

4. Read me to discover new worlds and knowledge.
5. A relaxing activity where you stretch and move your body into different shapes.
6. A calming activity that has many pieces but creates one image.
7. Grab your crayons, paints, or chalk to express yourself with this activity.