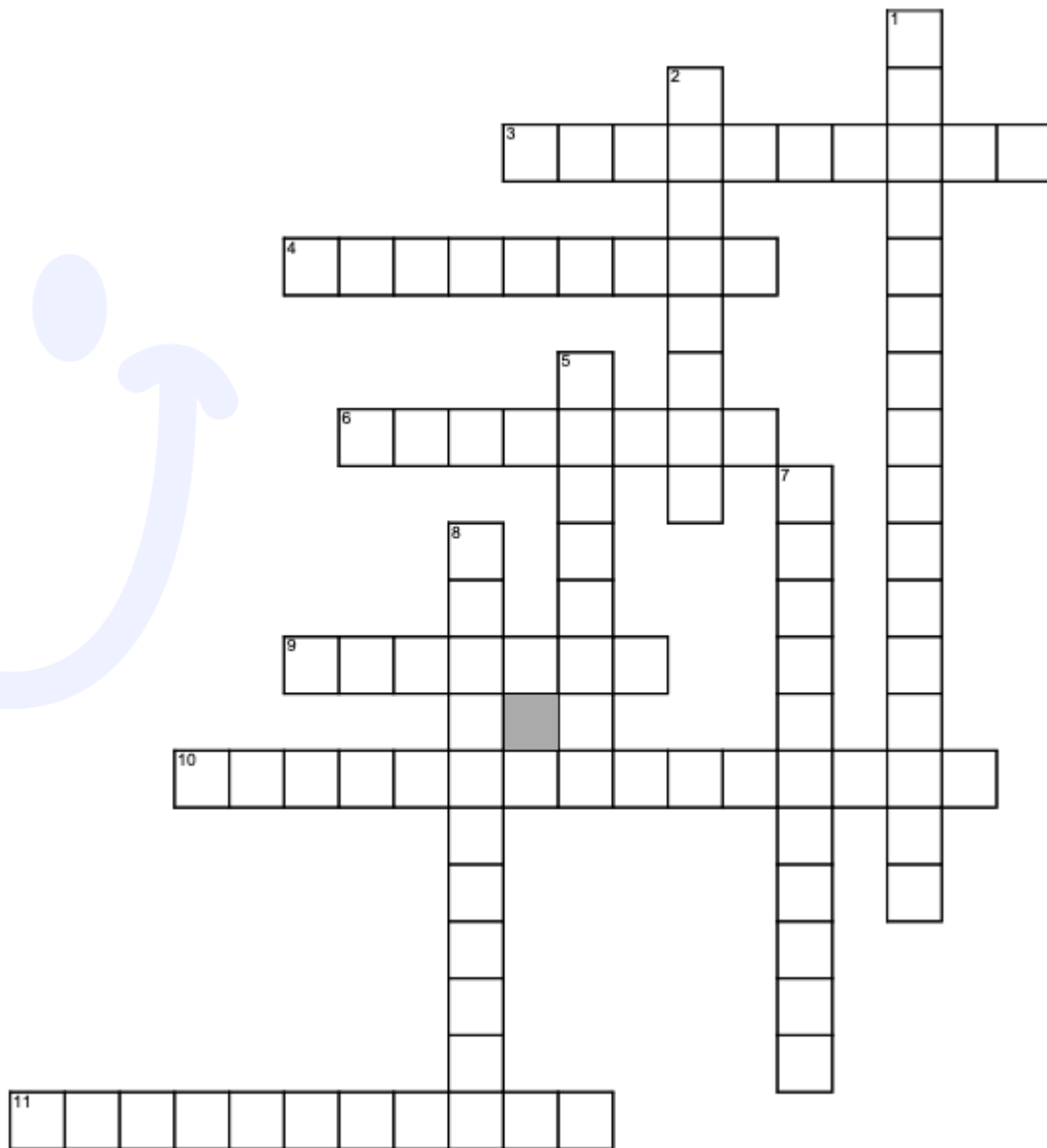


MINDUP™

MINDUP CROSSWORD



Across

3. MindUP's core breathing practice that helps you to calm and focus.
4. A feeling of thankfulness and joy we feel in response to something.
6. Seeing life in a positive way.
9. I write in this to help me reflect and express my thoughts and feelings.
10. Our brain's ability to reorganise and change as a result of repeating actions.
11. A state of being aware of the present moment.

Down

1. I am the part of the brain that helps you problem solve and make good choices.
2. Being friendly, generous, and considerate.
5. I am the part of the brain that keeps you safe from danger.
7. I am the part of the brain that forms and stores your memories.
8. The ability to see situations from the viewpoint of another person.

Word Bank

Mindfulness
Brain Break
Prefrontal Cortex
Neuroplasticity

Gratitude
Amygdala
Kindness

Journal
Perspective
Optimism
Hippocampus