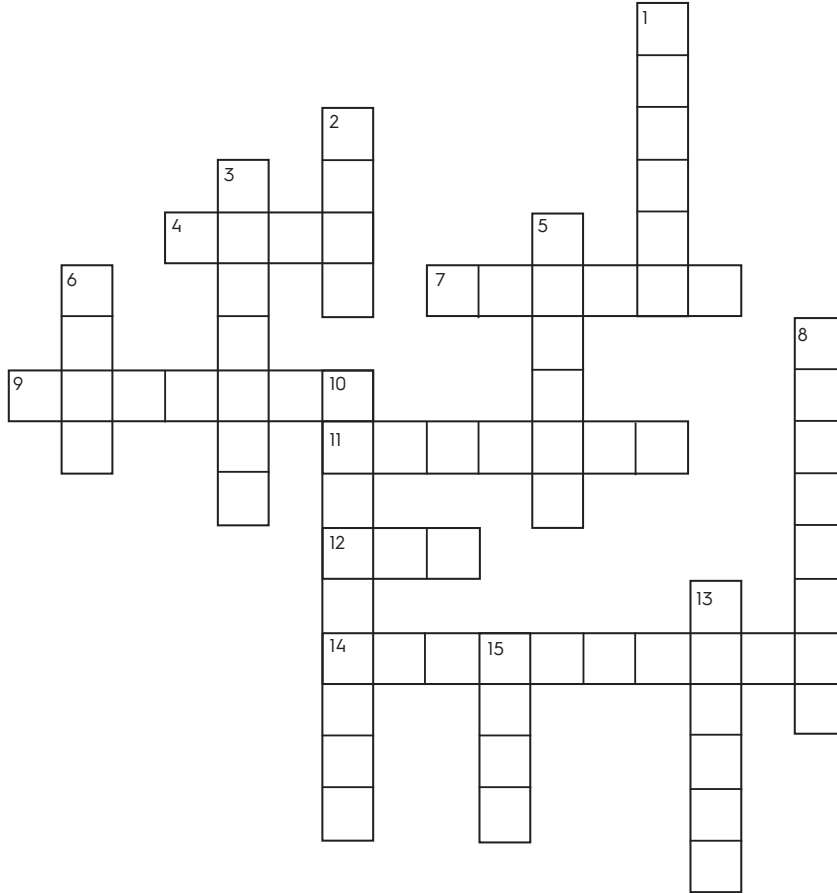


Crossword Puzzle

Doing puzzles and games can keep our brain strong and help us focus on something productive. Write the mentally healthy answers in their correct location to complete the puzzle.



Down:

- 1. To give attention with the ear (6)
- 2. To lend a hand (4)
- 3. Mixing ingredients to create food (7)
- 5. Eating or chatting on a rug outdoors (6)
- 6. Members who play a sport together (4)
- 8. Random act of _____ (8)
- 10. Daily appreciation of aspects of your life (9)
- 13. Giving your items to those less fortunate (6)
- 15. To create an image with a pencil (4)

Across:

- 4. Work towards something. Setting a ____ (4)
- 7. A non-related person that you care about (6)
- 9. Moving your body to music (7)
- 11. Jogging but faster (7)
- 12. Give something a go (3)
- 14. Cultural customs (10)

ANSWERS

1. Listen 2. Help 3. Cooking 4. Team 5. Picnic 6. Team 7. Friend 8. Kindness 9. Dancing 10. Gratitude 11. Running 12. Try 13. Donate 14. Traditions 15. Draw