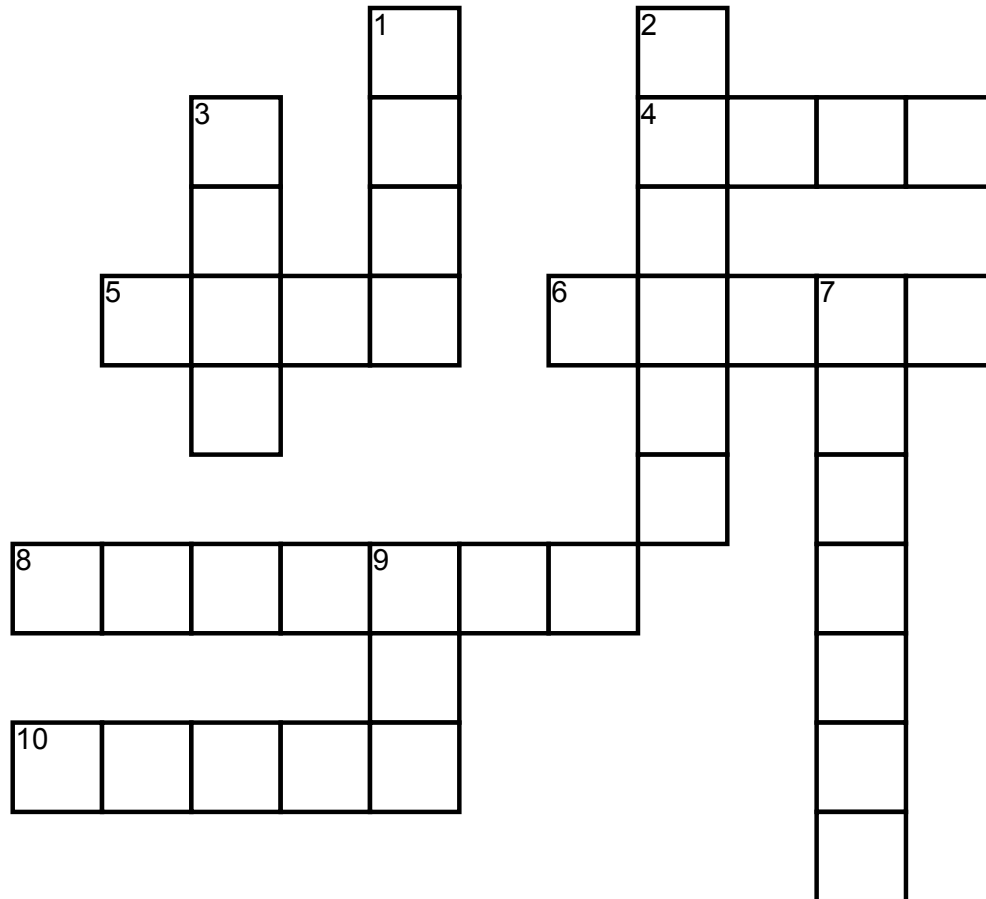


# Neuroplasticity - learn new habits



## Across

4. Sometimes it is better to just walk ..... to not go boom.
5. When we react without thinking, we can go .....?
6. A harmful way to react, is to .....
8. One way to stay calm, is to .....
10. Neuroplasticity means to .... your brain

## Down

1. We can choose different ways to cope and to help us keep .....
2. Brain training teaches you to learn new .....
3. The way to deal with bad emotions, is to ....., think and choose.
7. When we react, we could behave in ..... ways.
9. Another way to stay calm and not explode, is to count to ....