
How to Train Your Amygdala: Word Search

Find the words in the list.

P M G E C N M O R
B R E L A X P L H
G G P R O T E C T
S E N S I T I V E
D A N G E R T R U
K L K L E Y A T L
C A L M D D D C U
F R E E Z E O N L
A M Y G D A L A D

Word Bank

AMYGDALA

ALARM

FREEZE

PROTECT

DANGER

SENSITIVE

RELAX

CALM

Answer Key

R E L A X
P R O T E C T
S E N S I T I V E
D A N G E R
L
C A L M
F R E E Z E
A M Y G D A L A