

Name: _____

Date: _____

How to Train Your Amygdala: Word Search

Find the words in the list.

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

Word Bank

AMYGDALA

ALARM

FREEZE

PROTECT

DANGER

SENSITIVE

RELAX

CALM

Answer Key

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