Brain Power Puzzle

Directions

Solve the crossword puzzle below to learn about brain basics.

For help in solving the puzzle, watch the video *The Learning Brain*
https://www.youtube.com/watch?v=cgLYkV689s4&t-list=PL4111402B45D10AFgCgtindex=12

Across
3. Repeating a skill over and over
6. Looking on the ______________ of things is another way to think about positive self-talk.
8. Brain cells are called________.

Down
1. You need to train your __________ to learn different skills.
2. When something is difficult to accomplish it is a ____________.
4. The feeling of frustration that can get in the way of thinking clearly.
5. You can get dehydrated if your brain does not get enough __________.
7. Neuroplasticity is a fancy way to say that your brain can __________ as you learn new skills.

Name ____________________________________________