

## How to Train Your Amygdala: Word Search

Find the words in the list.

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

### Word Bank

**AMYGDALA**

**ALARM**

**FREEZE**

**PROTECT**

**DANGER**

**SENSITIVE**

**RELAX**

**CALM**

# Answer Key

A

P M R F

R Y D A N G E R

O G A L E

T C D L A E

E A A X Z

C L R L E

T M A

S E N S I T I V E