

Take a Breath

Easy · 10 × 10 · 8 words · across and down

E	I	A	N	E	U	I	A	R	R
S	I	F	R	E	L	A	X	H	T
T	C	O	J	D	B	R	T	N	T
I	O	S	P	E	R	T	A	U	W
L	U	L	A	E	E	H	O	D	L
L	N	O	U	P	A	I	I	W	O
E	T	W	S	E	T	N	E	A	S
N	S	T	E	E	H	T	D	C	T
U	A	Q	U	I	E	T	E	A	H
T	I	A	T	E	Y	R	O	L	A

☐ BREATHE

☐ SLOW

☐ DEEP

☐ COUNT

☐ RELAX

☐ QUIET

☐ STILL

☐ PAUSE

Take a Breath: answer key

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☐ DEEP

☐ COUNT

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