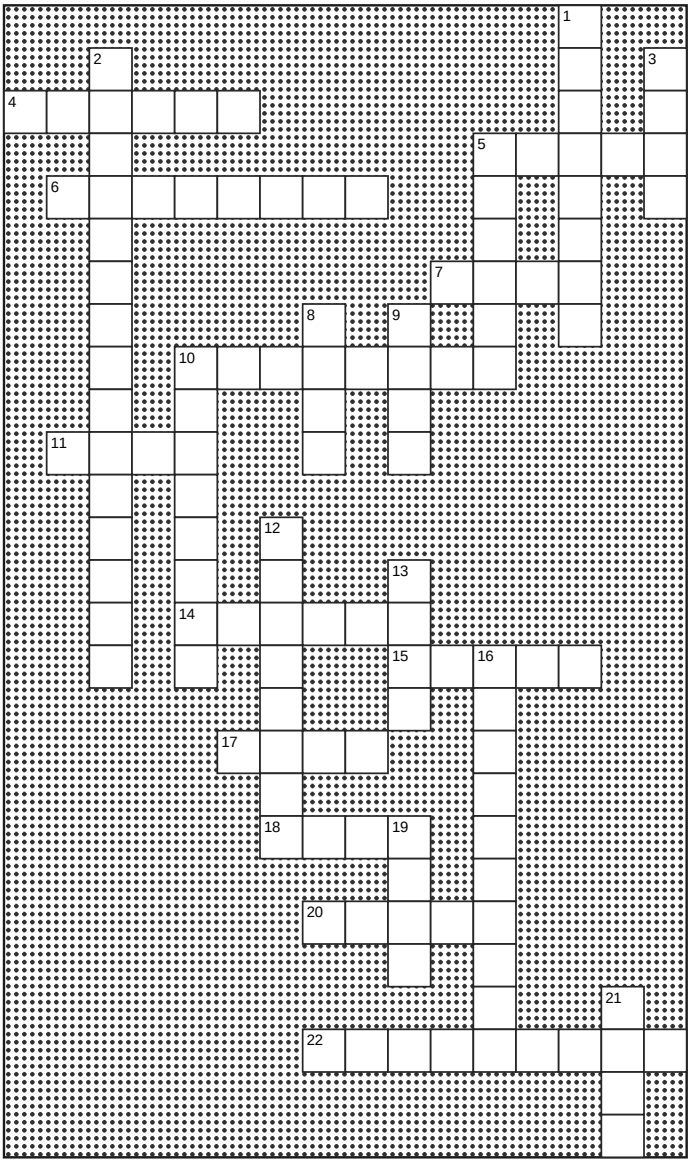
Agency, Learning, and Your Own Adaptations



Across

4. The
feeling that you caused your own action.

5. An
ability that can improve through practice.

6. Repeating
an action to develop a skill.

7. Time
to recover between efforts.

10. Being
able to make decisions about your own life.

11. One
small part of a larger task.

14. An
option you can accept or decline.

15. To
gain a new skill through experience.

17. A
sudden, brief muscle movement.

18. To
cease an activity when safety requires it.

20. To
change an activity so you can still take part.

22. What
you mean or plan to do.

Down

1. Something
you do or take part in.

2. Your
nervous system's ability to learn new tricks.

3. To
take steps from place to place on foot.

5. Protection
from avoidable harm.

8. An
object that makes a task easier.

9. What
you're working toward, one step at a time.

10. A
way of carrying out an activity.

12. Improvement
in what you can do over time.

13. An
extra hand that still leaves you in charge.

16. A
practical plan B for a tricky task.

19. Steps
chosen to reach a goal.

21. To
lift, lower or reposition part of your body.

Word bank

ACTIVITY | ADAPT | ADAPTATION | AGENCY | APPROACH | AUTONOMY | CHOICE | GOAL | HELP | INTENTION | JERK | LEARN | MOVE | NEUROPLASTICITY | PLAN | PRACTICE | PROGRESS | REST | SAFETY | SKILL | STEP | STOP | TOOL | WALK