

# WE'RE TOO DISTRACTED

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

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

## Word Bank

- |               |               |               |              |
|---------------|---------------|---------------|--------------|
| 1. synthetic  | 2. distracted | 3. fluid      | 4. attention |
| 5. melatonin  | 6. media      | 7. inhibit    | 8. focus     |
| 9. starch     | 10. activate  | 11. diet      | 12. dyes     |
| 13. organs    | 14. pattern   | 15. sugars    | 16. texting  |
| 17. phones    | 18. histamine | 19. cognitive | 20. sleep    |
| 21. respond   | 22. glucose   | 23. multitask | 24. neuron   |
| 25. mindset   | 26. waste     | 27. exercise  | 28. digital  |
| 29. scrolling | 30. hormone   | 31. algorithm | 32. training |
| 33. brain     |               |               |              |

