

Instructions for the student: Fill in the blanks using the word bank provided below.

Word Bank:

Cosiness, Embrace, Blazing, Relieve, Requirement, Ingredients, Lifestyle, Trend, Key, Technique

1. Modern _____ dictate that we must always be "busy," but we should fight that urge.
2. The _____ to a good night's sleep is often a cool room and a warm blanket.
3. What are the main _____ of a perfect Sunday afternoon for you?
4. Many people find that yoga is an effective _____ for physical _____.
5. If you want to _____ a more "hygge" _____, start by adding more candles to your home.
6. A _____ fire in the hearth is the ultimate symbol of _____.
7. Is peace of mind a _____ for you to feel truly happy?