

Name: _____

Five ways to wellbeing

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

Embracenewexperiences
Physicalmovement
Keeplearning
Meakotonu
Beactive
Tukua

Mindfulnessmeditation
Whakawhanaunga
Mekoritonu
Mearotonu
Fiveways
Give

Good relationships
Actofkindness
Takenotice
Wellbeing
Connect