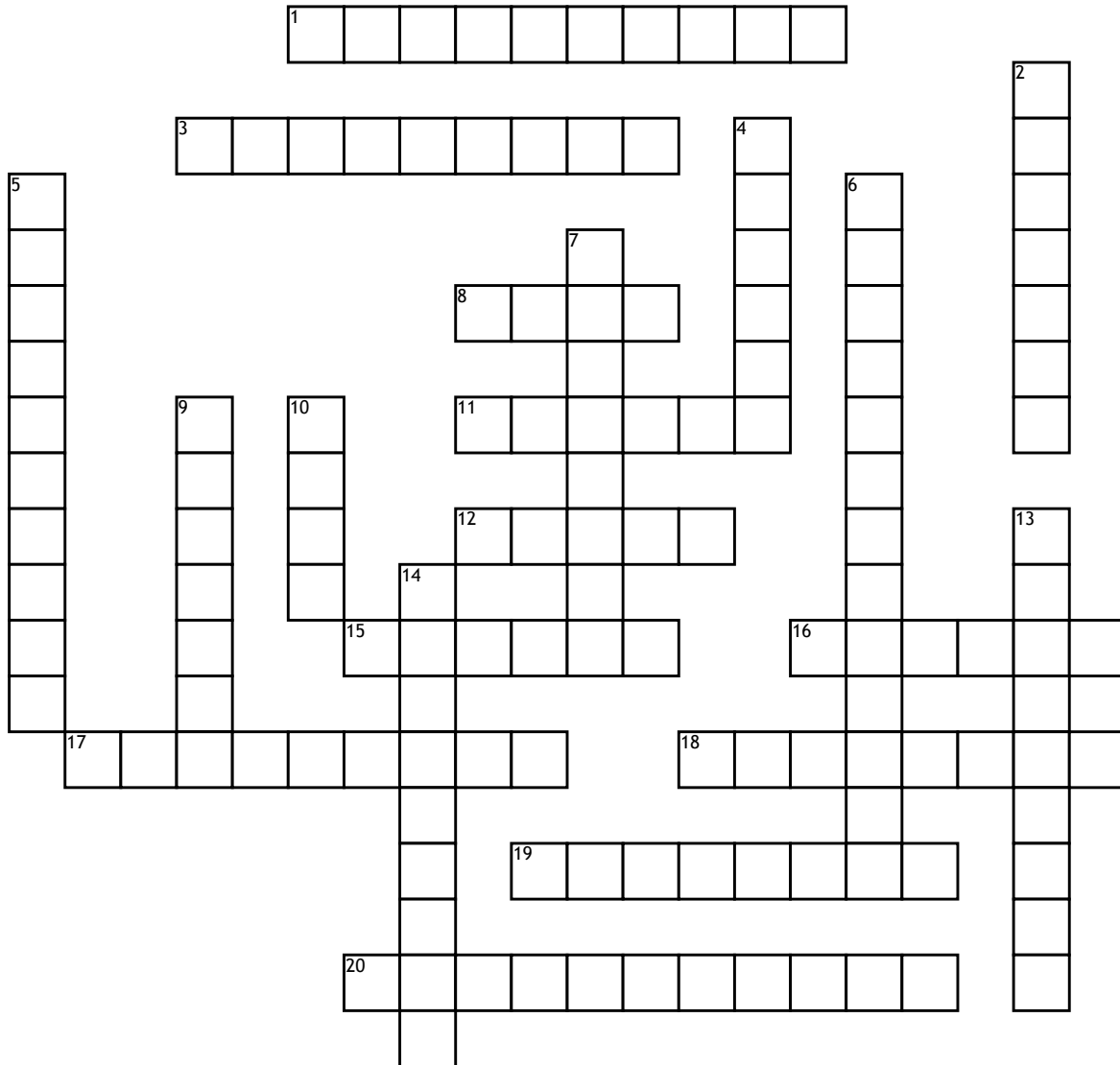


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health 7 Crossword #1



## Across

- 1. A forceful or intense personality
- 3. These are the things you like to do or may want to do.
- 8. What you eat in your day to day life.
- 11. Things important to you.
- 12. Things you require.
- 15. Mental or emotional strain.
- 16. A condition of physical, mental, and social well-being.
- 17. A confident personality.

18. Something you are good at.

19. Something you are NOT good at.

20. The way you express yourself.

## Down

2. A weak or pushover personality

4. Tendencies that people have.

5. How you feel about yourself.

6. The process of learning about yourself.

7. A state of optimum mental, physical, and social health .

9. This is concerned about your physical well-being.

10. Something to work towards.

13. These are your talents and abilities

14. Your thoughts and feelings