

Name: _____

Date: _____

Health Class

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

positive thoughts
Food groups
Toothbrush
Exercise
Breathe
Stress
calm

drinking water
Tooth paste
peaceful
reading
Running
Eating
Soap

Brushing hair
Mindfulness
learning
Anxiety
school
Health
Yoga

Washing hands
Vegetables
wellness
Walking
Coping
Fruit
Food