

Name: _____

Date: _____

Looking after yourself

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

vegetable

feelings

exercise

balance

hygiene

health

fruit

sleep

diet

rest