

Name: _____

Date: _____

Summer Wellness Activities

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

Volleyball

Bicycle

Relax

Golf

Walk

Reconnect

Garden

Dance

Read

Swim

Meditate

Tennis

Hike

Yoga

Jog