

Name: _____

Date: _____

Wellbeing

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

Mindfulness
Relaxation
Nutrition
Breath
Hope

Confidence
Resilience
Kindness
Nature
Love

Friendship
Affection
Security
Sleep

Meditation
Belonging
Freedom
Care