

Name: _____

Date: _____

Wellbeing

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

mindfulness
gratitude
creative
nature

relaxation
connected
exercise
calm

happiness
kindness
selfcare
fun