

Name: _____

Date: _____

Wellbeing

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

nutrition

Spiritual

emotional

relaxing

exercise

physical

friends

family

happy

diet

fun