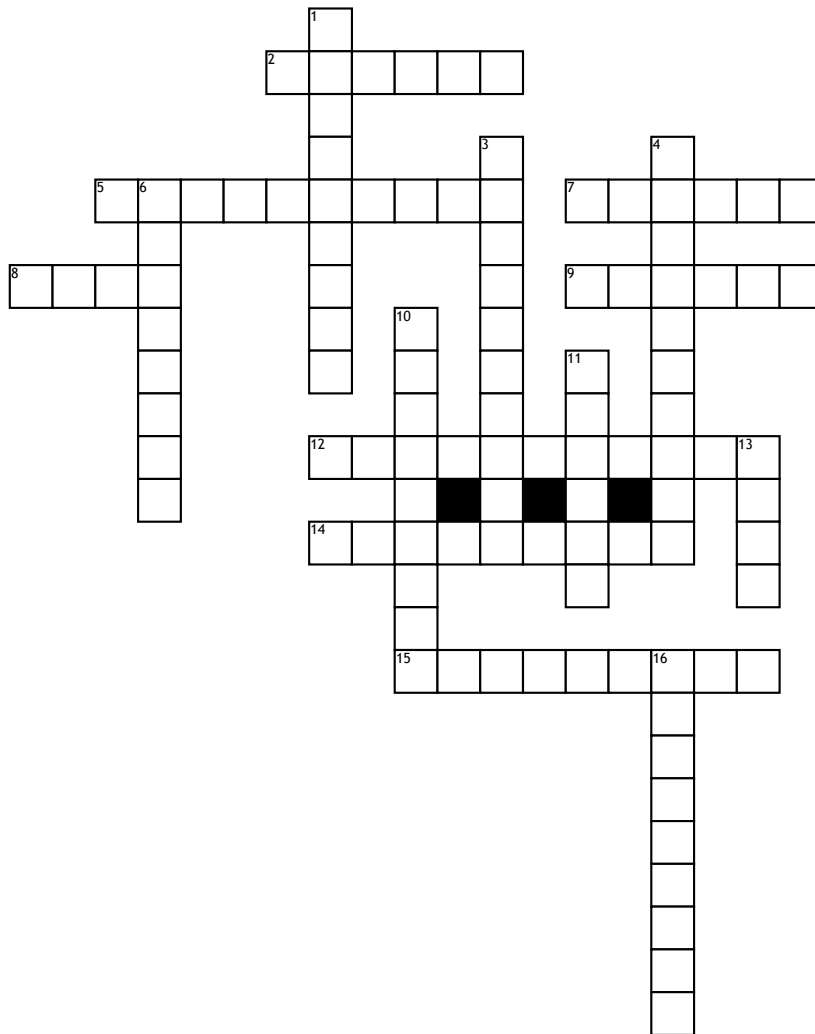


Name: _____

Date: _____

Wellbeing Crossword



Across

- 2. Spouse, parents, siblings, children, etc
- 5. The ability to recover quickly from difficulties
- 6. Activity carried out to improve physical health
- 7. A person's physical and mental powers
- 8. An intense feeling of affection
- 9. A person's mental of physical condition

12. The quality of bending easily without breaking.

14. An aim or plan

15. The capacity to last or to withstand wear and tear

Down

1. Feeling of joy

3. A technique used to train attention and focus

4. The state of being free from tension and anxiety.

6. Activity carried out to improve physical health

10. A set of attitudes, habits, or possessions associated with a particular person or group.

11. The inner quality or nature of a person

13. A practice originating in Ancient India

16. Food or nourishment

Word Bank

Flexibility Relaxation Spirit Energy Health Lifestyle
Family Intention Meditation Love Endurance Yoga
Nutrition Exercise Happiness Resilience