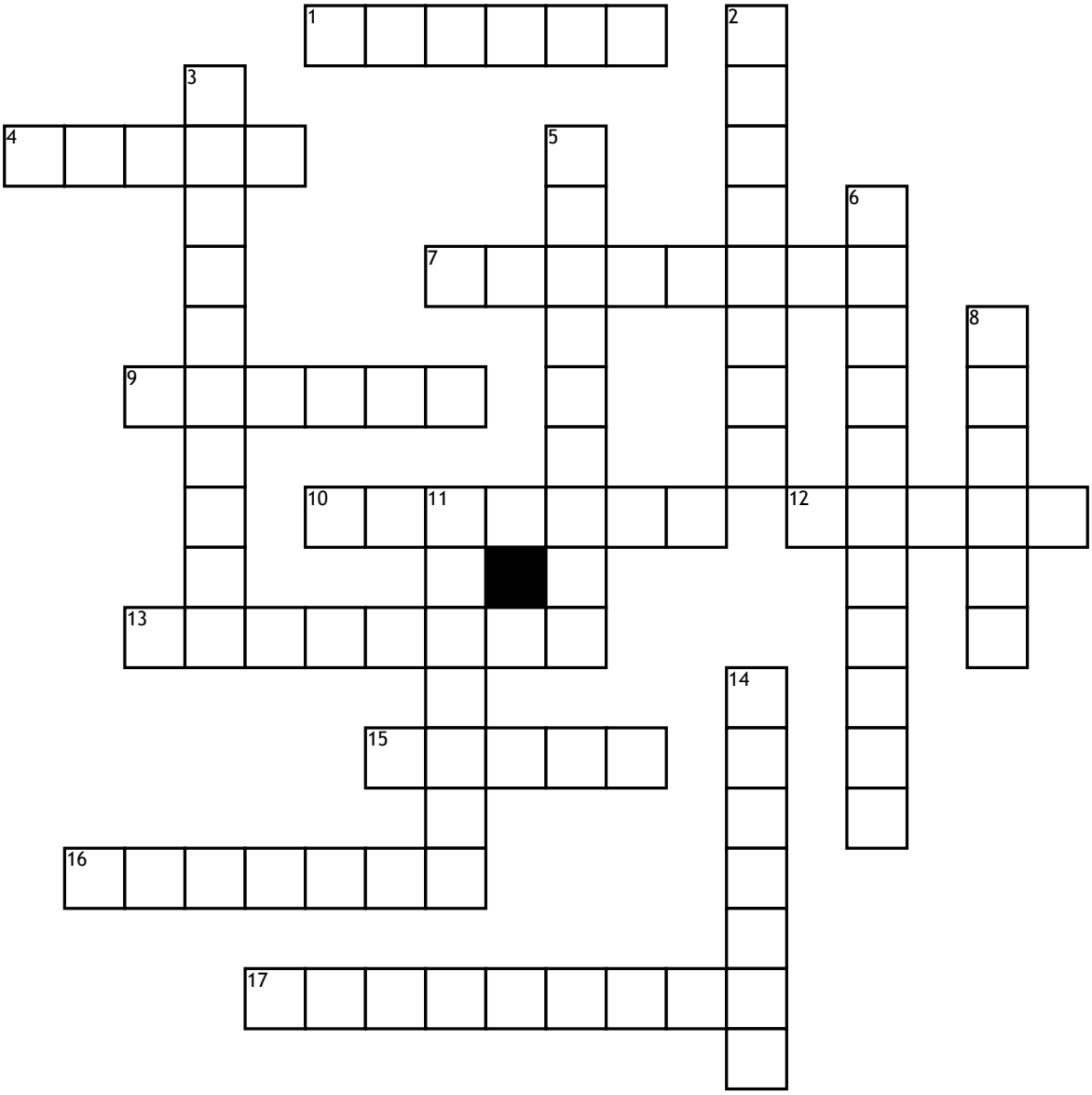
Name: _____ Date: _____

Wellness Tools



Across

1. Weeding in the .....

4. 8 glasses a day

7. Hot Bubble bath

9. Related folks

10. A nice book

12. Dancing to

13. Yarn and needles

15. Board ....

16. Source of light

17. Healthy food

Down

2. Online radio

3. Quiet contemplation

5. Mandalas

6. Talking to a peer

8. Walking in nature

11. Furry friends

14. Shower or bath

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