

Name: _____

Date: _____

exploring wellbeing

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

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|---------------|-------------|-------------|------------|-----------|-----------|
| carbohydrates | instruments | achievement | depression | badminton | breathing |
| confident | happiness | unhealthy | exercise | emotions | jealousy |
| vitamins | minerals | anxiety | muscles | relaxed | sadness |
| protein | healthy | stress | mental | family | social |
| active | brain | games | music | goals | quiet |
| body | calm | fats | | | |