



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

i	c	f	y	g	s	h	t	l	a	e	h	c	i
q	b	c	p	a	x	a	n	a	e	b	s	a	h
w	c	i	f	y	t	i	n	u	m	o	c	r	f
d	c	e	u	f	i	m	u	y	d	c	l	h	f
f	t	e	x	e	r	c	i	s	e	f	r	u	s
y	e	o	h	s	l	i	f	e	s	t	y	l	e
s	p	i	h	s	n	o	i	t	a	l	e	r	b
d	k	y	a	q	t	f	u	z	c	e	f	a	e
o	n	o	p	d	i	e	t	r	p	s	l	u	e
c	d	m	p	i	i	e	l	e	u	a	n	c	x
t	m	d	i	y	a	o	s	q	n	e	u	t	u
i	n	w	n	r	m	c	r	c	n	t	f	c	p
m	s	e	e	c	f	p	e	r	s	o	n	a	l
e	a	r	s	l	y	d	w	d	u	b	w	n	
z	l	e	s	p	y	r	w	m	u	p	a	z	p

- personal time
- balanced lifestyle
- diet
- community
- sleep
- health
- happiness
- safety
- exercise
- relationships

Photo or drawing

An explanation of the activity

How did the activity positively influence your well-being?