**Wellbeing Wordsearch**

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

|  |
| --- |
|  |
| BREATHE | BUSY | CONFIDENCE |
| ENJOYMENT | EXERCISE | HAPPINESS |
| HEALTHY | HELPFUL | LOVE |
| MINDFUL | RELAX | WELLBEING |