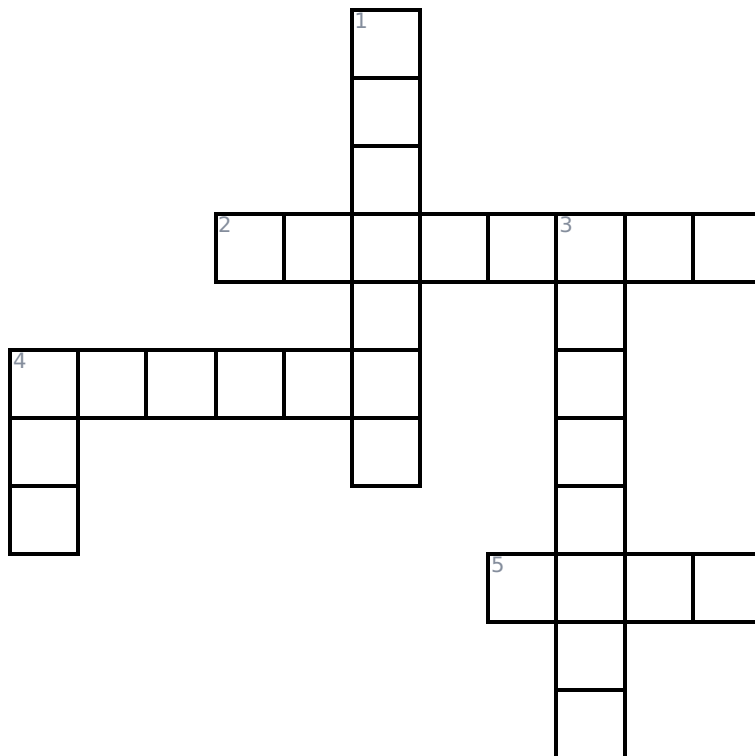


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Wellness: Criss Cross (Gr K-2)

Answer clues based on the content and vocabulary words for the topic of Wellness. Look for hints in the Word Bank. Print the puzzle or use on your tablet, phone, or computer.



## Across

2. \_\_\_ is the quality of being healthy in mind & body.
4. Becoming taller & stronger are signs of your body's \_\_\_.
5. Yoga is a series of movements to help keep a clear & calm \_\_\_.

## Down

- 1. Taking time to play & rest can help to keep you \_\_\_.
- 3. Walking, swimming, and running are all forms of \_\_\_.
- 4. Do you have a \_\_\_ in your school or in your neighborhood.

## Word Bank

WELLNESS  
GYM

HEALTHY  
GROWTH

EXERCISE

MIND

# Answer Key

