

## Wellness: Word Search (Gr 3-5)

Find the words in the list.

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

### Word Bank

WELLNESS	HEALTHY	EXERCISE
MIND	BODY	WALKING
RUNNING	CYCLING	YOGA
MINDFULNESS	FOCUS	PREVENTION
GROWTH	TRAINING	

# Answer Key

W E L L N E S S

M I N D

G R O W T H

F O C U S            B O D Y

T R A I N I N G

M I N D F U L N E S S

W A L K I N G

C Y C L I N G

H E A L T H Y O G A

P R E V E N T I O N

R U N N I N G

E X E R C I S E