

Wellness: Word Search (Gr 3-5)

Find the words in the list.

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

Word Bank

WELLNESS

HEALTHY

EXERCISE

MIND

BODY

WALKING

RUNNING

CYCLING

YOGA

MINDFULNESS

FOCUS

PREVENTION

GROWTH

TRAINING

Answer Key

C Y C L I N G R O W T H
T R A I N I N G

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

B O D Y W A L K I N G
W E L L N E S S