

Name: _____

Date: _____

Healthy Living -Mental Well Being

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

stressballs relaxation breathing kindness

friends talking smiling helpful

relaxed happy calm