

Stress-less: Word Search

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

physical activity

wordpuzzles

relaxation

askforhelp

takebreaks

volunteer

sleepwell

exercise

friends

eatwell

connect

family

colour

craft

hobby

music

bake

pets

yoga

read