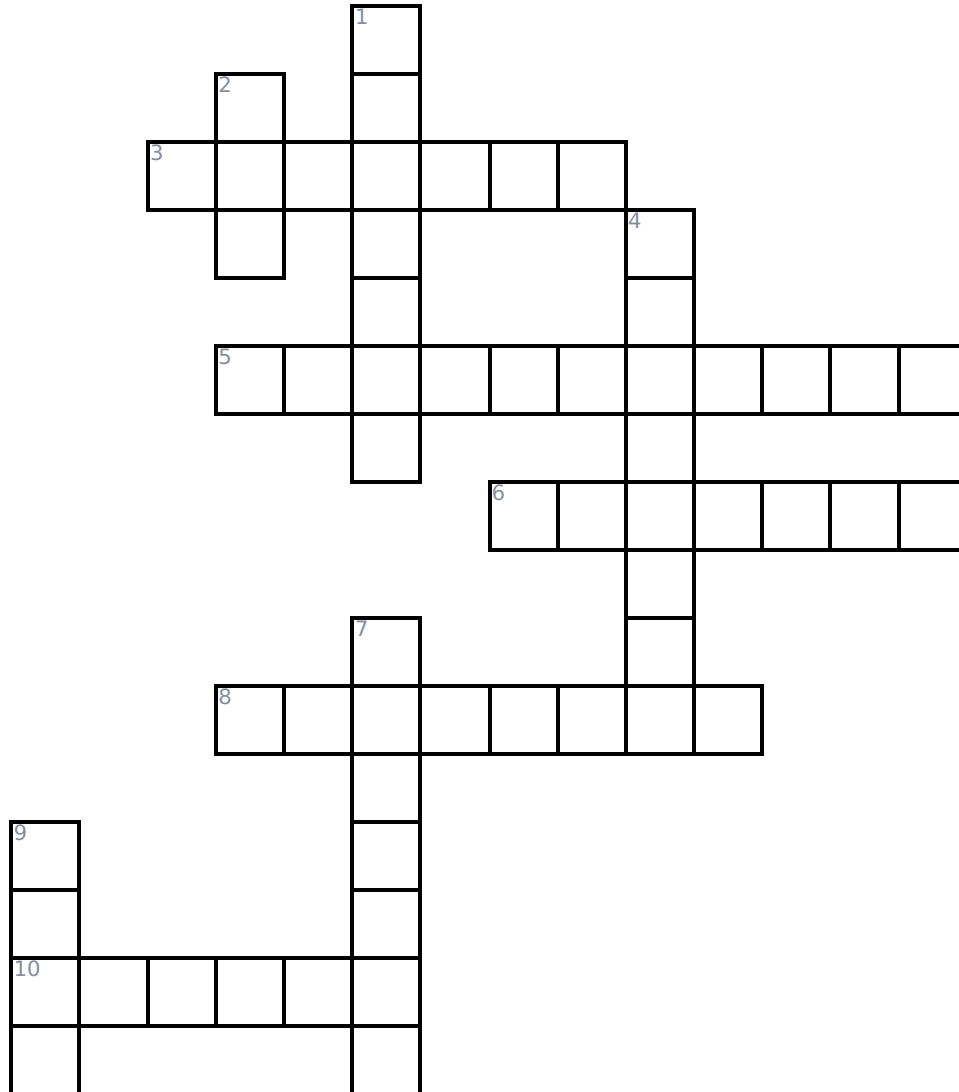


Wellness: Criss Cross (Gr 3-5)

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

3. ___ can be done inside on a stationery bike or outside on a regular bike.
5. Focusing one's attention only on the present.
6. ___ can be exercise for a few miles or even for a marathon.
8. Bodily or mental exertion, especially for the sake of training or improvement of health.
10. Development from a simpler to a more complex stage.

Down

- 1. ___ is good & simple exercise for everyone.
- 2. A place for exercising, training, running, or playing a number of games.
- 4. ___ is the quality of being healthy in mind & body.
- 7. Being ___ involves good nutrition, exercise, and sleep for the body & mind.
- 9. A series of postures & breathing exercises practiced to achieve control of mind & body.

Word Bank

WELLNESS
WALKING
MINDFULNESS

HEALTHY
RUNNING
GROWTH

EXERCISE
CYCLING

GYM
YOGA

Answer Key

