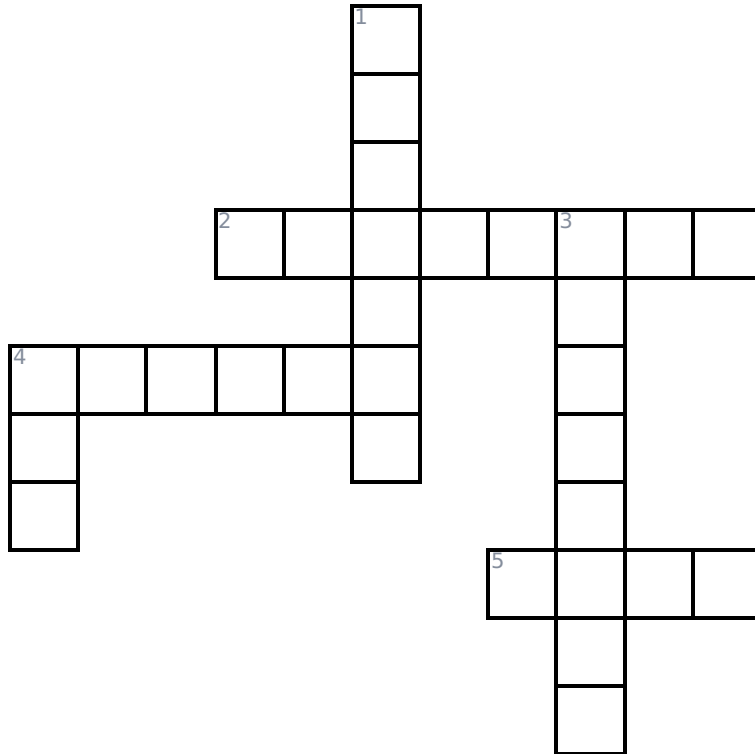


Wellness: Criss Cross (Gr K-2)

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

2. ___ is the quality of being healthy in mind & body.
4. Becoming taller & stronger are signs of your body's ___.
5. Yoga is a series of movements to help keep a clear & calm ___.

Down

- 1. Taking time to play & rest can help to keep you ___.
- 3. Walking, swimming, and running are all forms of ___.
- 4. Do you have a ___ in your school or in your neighborhood.

Word Bank

WELLNESS
GYM

HEALTHY
GROWTH

EXERCISE

MIND

Answer Key

