

Wellness: Word Search (Gr 3-5)

Find the words in the list.

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

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