

## Wellness: Word Search (Gr 3-5)

Find the words in the list.

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

### Word Bank

WELLNESS	HEALTHY	EXERCISE
MIND	BODY	WALKING
RUNNING	CYCLING	YOGA
MINDFULNESS	FOCUS	PREVENTION
GROWTH	TRAINING	

# Answer Key

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