

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

Find the words in the list.

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

M I N D F U L N E S S

H E A L T H Y

R U N N I N G R O W T H

W E L L N E S S

P R E V E N T I O N

B O D Y O G A

E X E R C I S E

W A L K I N G F O C U S

M I N D

T R A I N I N G