

Take 5 steps to wellbeing

Word search

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

Learn

Active

Notice

Give

Wellbeing

Healthy

Mindfulness

Resilient

Cope

Fitness

Rewarding

Enjoy

Connect

Volunteer

Relationships

Happy