

# The Act-Belong-Commit Hidden Words Puzzle!

## Instructions

Solve each of the four clues below. For each clue, the letters of the answer correspond to the numbers in the brackets. This indicates their position in the grid. After solving each clue, the secret words will be revealed.

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	

The secret words are...

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## Clues

1. Opposite of women (1, 10, 3)
2. Keep Record (4, 11, 6, 12, 15)
3. Recover (14, 2, 5, 7)
4. Belonging to thee (13, 9, 8)



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## What to do with this Hidden Words Puzzle?

- Photocopy the hidden words puzzle and distribute to students to complete.

## Tips...

- The secret words reveal the organisation that initiated the Act-Belong-Commit campaign; Mentally Healthy WA.
- Staying mentally healthy involves following three simple steps:
- **Act** - Stay physically, socially and mentally active. Plant a tree or go for a walk.
- **Belong** - Belonging to a club or a team has great benefits for mental health. Join a netball or football team, start a book club or join a band.
- **Commit** - Put a little more effort in the things you do. Volunteer for a good cause or help someone less fortunate.



Answers: 1. Men. 2. Tally. 3. Heal. 4. Thy. Secret Words: Mentally Healthy

[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)