

Unscramble Puzzle

Doing puzzles and games can keep our brain strong and help us focus on something productive.

Unscramble the following mentally healthy activities.

tiaetoinmd

eseecixr

ginandc

tevonerlu

ojin a bluc

tse a aogl

mifaly

rlaen smthioegn wne

tge drotouos

dnfi a bhoby

dnfrise

hlpe herots

cnneoct ot uyor ct lureu

ANSWERS

rlaen smthioegn wne (learn something new)
 tge drotouos (get outdoors)
 dnfi a bhoby (find a hobby)
 dnfrise (friends)
 hlpe herots (help others)
 cnneoct ot uyor ct lureu (connect to your culture)

tiaetoinmd (meditation)
 eseecixr (exercise)
 ginandc (dancing)
 tevonerlu (volunteer)
 ojin a bluc (join a club)
 tse a aogl (set a goal)
 mifaly (family)