

Word Search



Doing puzzles and games can keep our brain strong and help us focus on something productive. The words below are activities that can make us feel good. Search for these words and think about how many of these you do every week.

BREATHE DEEPLY

LISTEN TO MUSIC

DO A PUZZLE

PLAY A SPORT

HELP OTHERS

BE KIND

SET A GOAL

FRIENDS

READ

FAMILY

DANCE

SING

LEARN

GET OUTSIDE

BAKE

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

There are lots of things we can do for our mental health and wellbeing.

Find out more at actbelongcommit.org.au

Word Search continued



Answer key:

