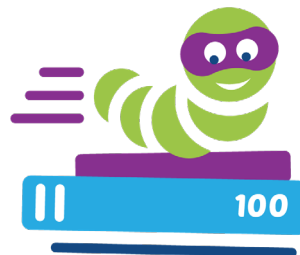




Wellness Puzzles/Games

Criss Cross • Word Search • Coloring Sheet

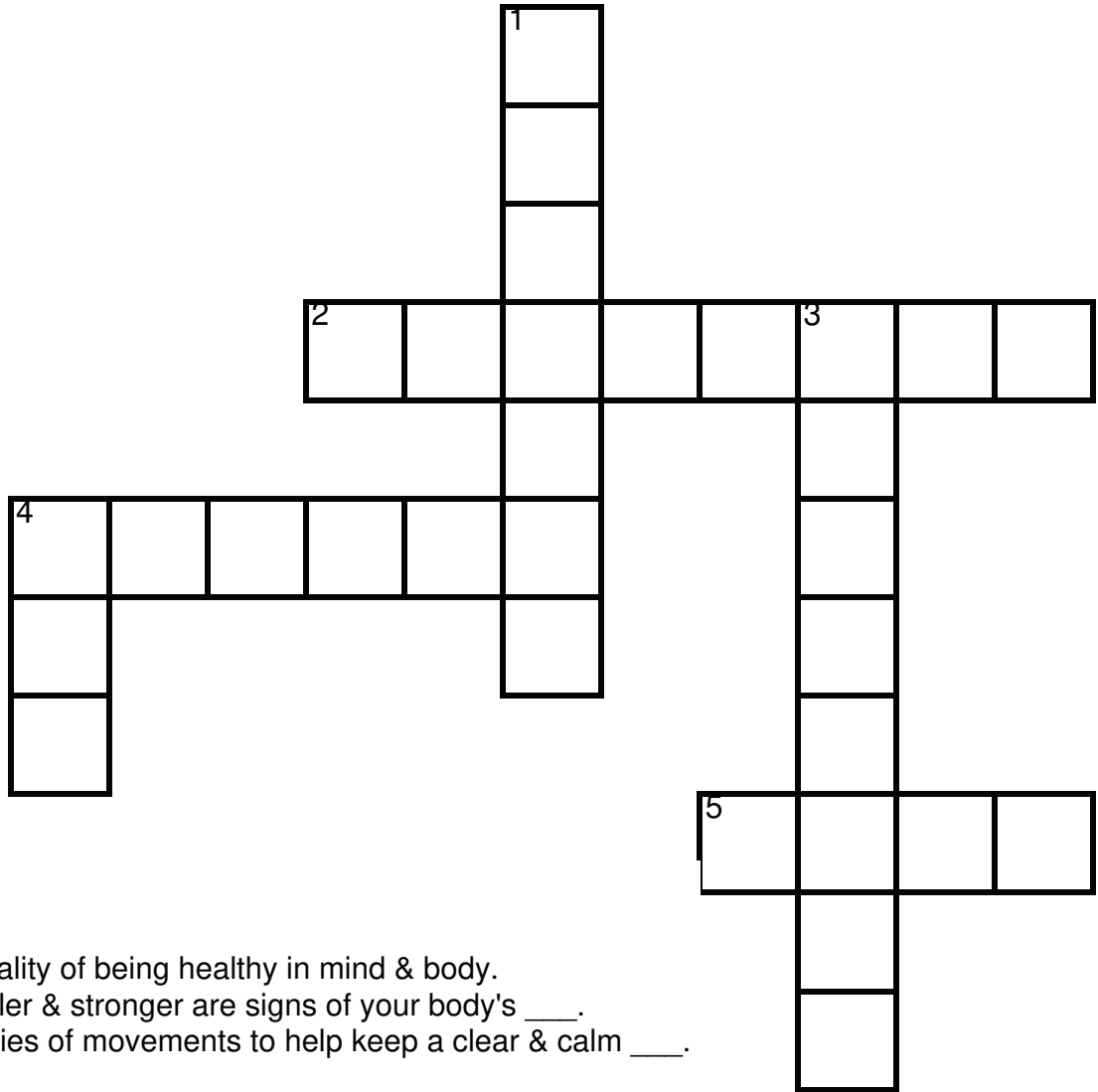




Name: _____ Date: _____

Wellness: Criss Cross (Gr K-2)

Answer clues based on the content and vocabulary words for the topic of Wellness.
Look for hints in the Word Bank.



Across

- 2. ___ is the quality of being healthy in mind & body.
- 4. Becoming taller & stronger are signs of your body's ___.
- 5. Yoga is a series of movements to help keep a clear & calm ___.

Down

- 1. Taking time to play & rest can help to keep you ___.
- 3. Walking, swimming, and running are all forms of ___.
- 4. Do you have a ___ in your school or in your neighborhood.

Word Bank

WELLNESS
GYM

HEALTHY
GROWTH

EXERCISE
MIND



Name: _____ Date: _____

Wellness: Criss Cross (Gr 3-5)

Answer clues based on the content and vocabulary words for the topic of Wellness.
Look for hints in the Word Bank.

Word Bank	
WELLNESS	GYM
WALKING	YOGA
MINDFULNESS	EXERCISE
HEALTHY	CYCLING
RUNNING	
GROWTH	

Across

3. ___ can be done inside on a stationery bike or outside on a regular bike.
5. Focusing one's attention only on the present.
6. ___ can be exercise for a few miles or even for a marathon.
8. Bodily or mental exertion, especially for the sake of training or improvement of health.
10. Development from a simpler to a more complex stage.

Down

1. ___ is good & simple exercise for everyone.
2. A place for exercising, training, running, or playing a number of games.
4. ___ is the quality of being healthy in mind & body.
7. Being ___ involves good nutrition, exercise, and sleep for the body & mind.
9. A series of postures & breathing exercises practiced to achieve control of mind & body.



Name: _____ Date: _____

Wellness: Word Search (Gr K-2)

Find the words in the list.

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

Word Bank

WELLNESS

HEALTHY

EXERCISE

MIND

BODY

GYM

WALKING

RUNNING

CYCLING

GROWTH



Name: _____ Date: _____

Wellness: Word Search (Gr 3-5)

Find the words in the list.

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

Word Bank

WELLNESS

HEALTHY

EXERCISE

MIND

BODY

WALKING

RUNNING

CYCLING

YOGA

MINDFULNESS

FOCUS

PREVENTION

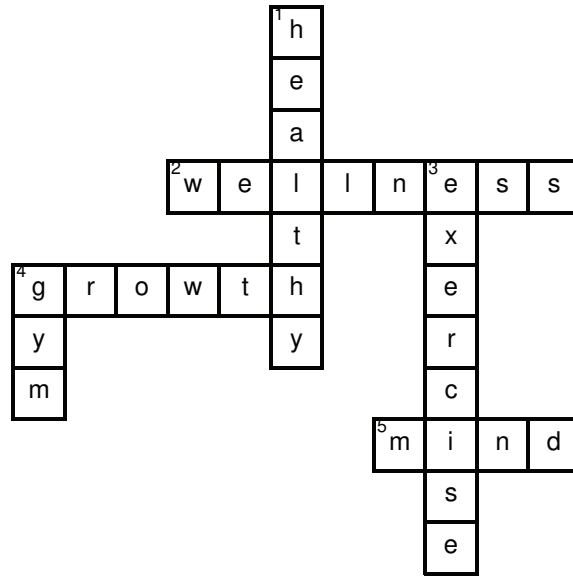
GROWTH

TRAINING

WELLNESS

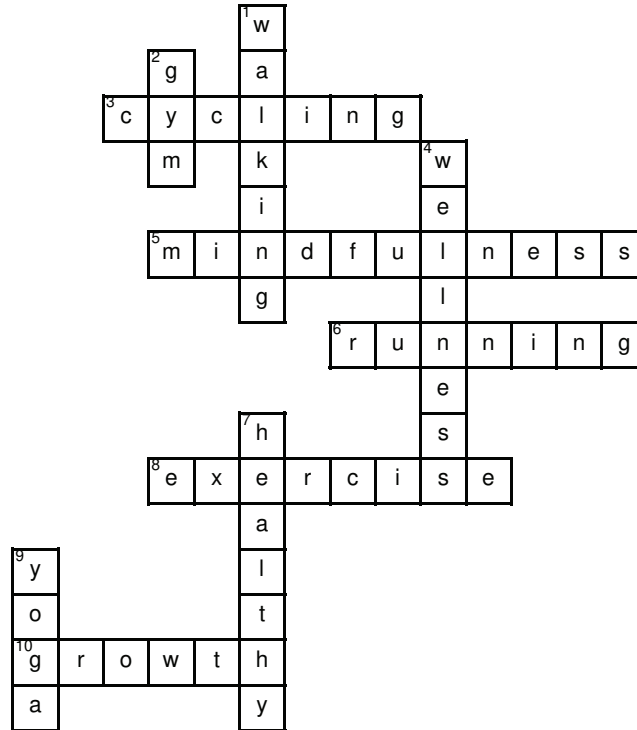


Wellness: Criss Cross (Gr K-2)
Answer Key



Wellness: Criss Cross (Gr 3-5)

Answer Key



Wellness: Word Search (Gr K-2)

Answer Key

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

Wellness: Word Search (Gr 3-5)

Answer Key

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