



Student Name

## Tess's Wordsearch



Can you find all the mental health benefits that Tess gets from physical activity?



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

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

CALM  
ENDORFRIENDS  
ENERGY  
HAPPY-MIND

HAPPY-MOVE  
JOY  
PEACEFUL-PAUSE  
SPREAD-HAPPINESS

SUPERPOWERS  
SUPER-SLEEP