



Student Name

# Mason's Wordsearch



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



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

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

ATTENTION  
BRAIN-GROWTH  
BRAIN-POWER  
CALM

DOPAMINE  
FOCUS  
HAPPY-CHEMICALS  
STRONG

SUPERPOWERS  
SUPER-SLEEP