



Student Name

## Felix's Wordsearch



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



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

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

CONFIDENCE  
ENDORPHINS  
ENERGY  
HAPPINESS

INNER-STRENGTH  
POSITIVITY  
SELF-ESTEEM  
SELF-IMAGE

SOCIAL-SKILLS  
SUPERPOWERS