



Student Name

Wini's Wordsearch



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



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

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

CLEAR-MIND
ENDORFRIENDS
ENERGY
GOOD-VIBES

HAPPY
POSITIVITY
RELAXATION
RESILIENCE

STRESS-BUSTING
SUPERPOWERS