



Student Name

Taylor's Wordsearch



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



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

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

BANISH-CONFUSION
BRAIN-PROTECTION
CALM
CONTROL

FOCUS
MEMORY
PROBLEM-SOLVING
RESILIENCE

SOCIAL-SKILLS
SUPERPOWERS