

Wordsearch

We've hidden 10 words for you to find – each one is something you can do to look after your wellbeing.

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

Hidden words

Move, Relax, Breathe, Talk, Listen, Read, Dance, Music, Create, Share