



## Wellbeing crossword puzzle

- ACROSS**
- Of or relating to the private aspects of a person's life
  - Serious, important or worthwhile
  - Friendly companionship or relations
  - The level at which someone or something deserves to be valued
- DOWN**
- A strong feeling of affection
  - The centre of interest or activity
  - Any group of persons closely related by blood, as parents, children, uncles, aunts, and cousins
  - Look after and provide for the needs of
  - Enthusiasm, affection, or kindness.
  - A person's mental or physical condition

- CREATIVE
- CULTURE
- DIGNITY
- DIVERSITY
- EDUCATION
- HONESTY
- INCLUSIVE
- NUTRITION
- OPTIMISM
- PERSONAL
- POSITIVE
- RESPECT
- SAFETY
- SENSORY
- SPIRITUALITY
- TRUST

**True or False?**  
No matter how flexible you are, you can't kiss your elbow.

**True**

**How many muscles do you use to take a single step forward?**

**b) 200**

In an average lifetime, does a person have more breaths or heartbeats?

**Heartbeats**  
About 3 billion vs. about 600 million breaths.

## Wellbeing word finder puzzle

~ Circle each word you can see ~

