



Wellbeing Word Search

Find 15 things that contribute to wellbeing in the grid. Look carefully because they can be found forwards, backwards and diagonally!

When you have found all the words, write a description of what each word means to you in the table.

e	n	l	s	e	l	f	c	a	r	e	s	y	u	m
s	s	a	l	o	e	g	t	r	s	y	f	n	n	i
a	d	o	t	p	f	p	j	i	d	o	f	i	m	n
c	o	m	m	u	n	i	c	a	t	i	o	n	e	d
o	u	o	a	l	r	r	t	b	v	b	o	l	p	f
t	t	c	v	n	e	e	h	o	d	h	d	y	a	u
r	d	l	g	x	u	n	y	n	l	a	n	s	g	l
t	o	m	e	r	q	s	e	i	b	b	o	h	c	n
u	o	i	r	a	e	c	a	m	d	f	m	e	l	e
f	r	t	s	d	s	n	a	y	r	l	i	a	m	s
e	s	d	l	k	z	s	t	l	g	n	z	l	o	s
f	r	i	e	n	d	s	h	i	p	f	s	t	j	h
i	j	v	e	a	m	d	s	m	a	r	c	h	e	l
s	i	l	p	i	r	e	l	a	x	i	n	g	l	e
a	x	u	s	n	e	b	b	f	m	r	u	o	d	e
s	t	r	o	p	s	p	i	s	t	k	f	e	i	t

Key Word	Description
communication	
exercise	
family	
food	
friendship	
fun	
health	
hobbies	
mindfulness	
nature	
outdoors	
relaxing	
self-care	
sleep	
sports	