Match the words to their correct definitions:

Fulfilled	A. A series of actions you do regularly
Routine	B. To make someone feel like they want to do something
Inexpensive	C. Feeling happy and satisfied inside
Meditation	D. A way to relax and focus your mind
Encourage	E. To stop someone from doing something
Deter	F. Not costing a lot of money

Fill in the Gaps. Use the correct word in each sentence:

fulfilled routine inexpensive meditation encourage deter

1. I feel really _____ when I finish all my homework and have time to relax.
2. Taking deep breaths and practicing _____ can help you feel calm.
3. Walking in the park is an _____ way to enjoy nature.
4. My morning _____ includes brushing my teeth and eating breakfast.
5. My friend always _____ me to try new things.
6. The cold weather might _____ people from going outside.

Sentence Scramble. Rearrange the words to form correct sentences:

1. routine / I / a / healthy / want / create.
2. meditation / helps / calm / me / feel.
3. encourage / to / I / want / my / friends / self-care / practice.
4. walking / inexpensive / is / an / way / to / relax.

LIVEWORKSHEETS