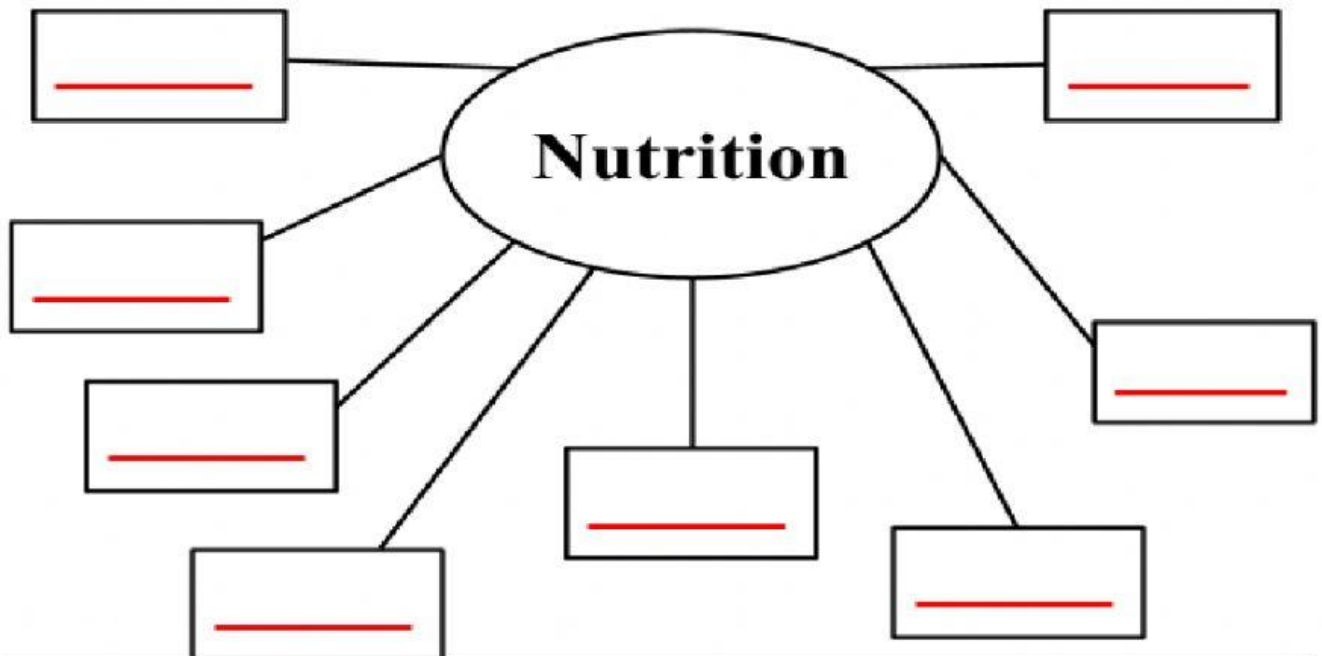


Wellness

Name: _____

Using the word bank below, **CIRCLE SIX** or **MORE** words that you think of **NUTRITION**

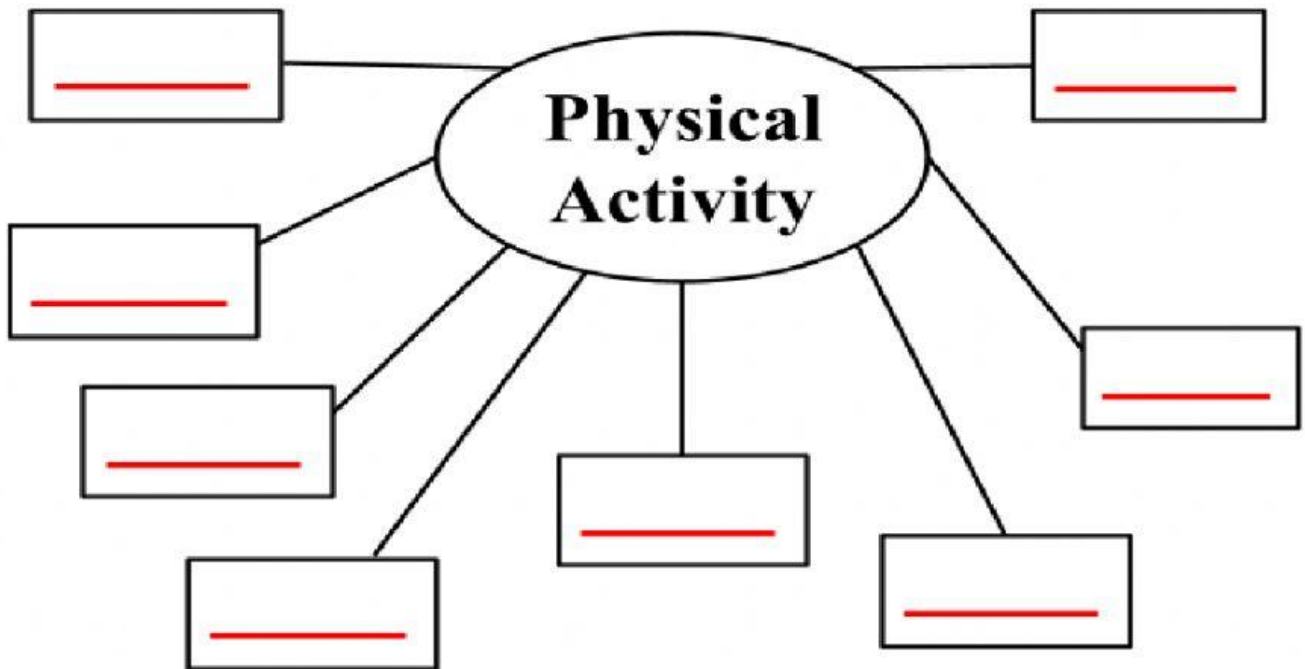


Word Bank				
Food	Fruits	Yoga	Exercise	Dairy
Calm	Protein	Walking	Dancing	Running
Grains	Focus	Vegetable	Not Rushing	Yoga

Wellness

Name: _____

Using the word bank below, **CIRCLE FIVE** or **MORE** words that you think of **PHYSICAL ACTIVITY**

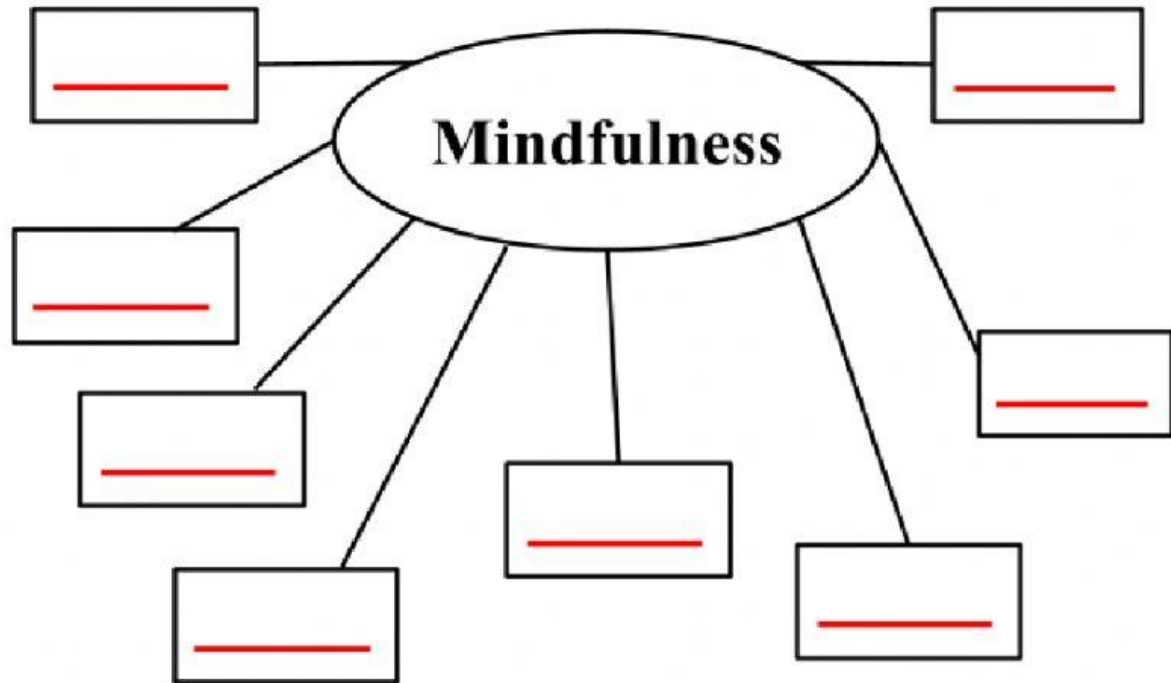


Word Bank				
Food	Fruits	Yoga	Exercise	Dairy
Calm	Protein	Walking	Dancing	Running
Grains	Focus	Vegetable	Not Rushing	Yoga

Wellness

Name: _____

Using the word bank below, **CIRCLE FOUR** or **MORE** words that you think of **MINDFULNESS**



Word Bank				
Food	Fruits	Yoga	Exercise	Dairy
Calm	Protein	Walking	Dancing	Running
Grains	Focus	Vegetable	Not Rushing	Yoga