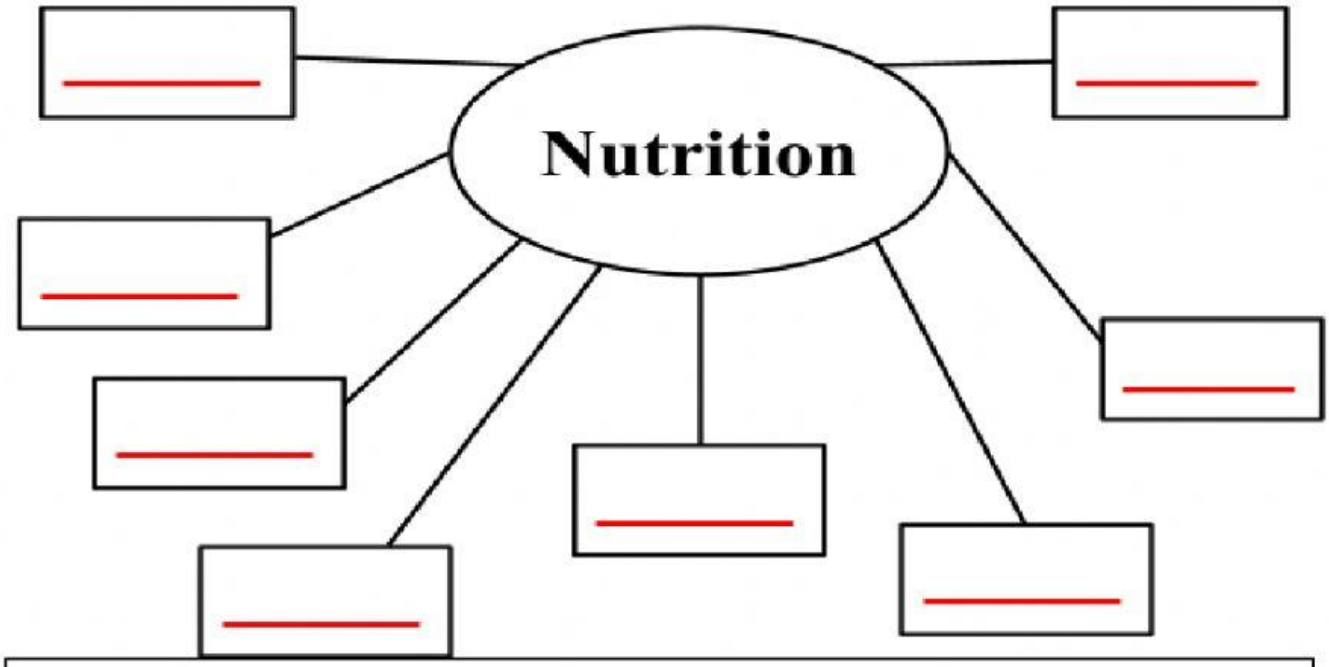
Wellness

Name: _____

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



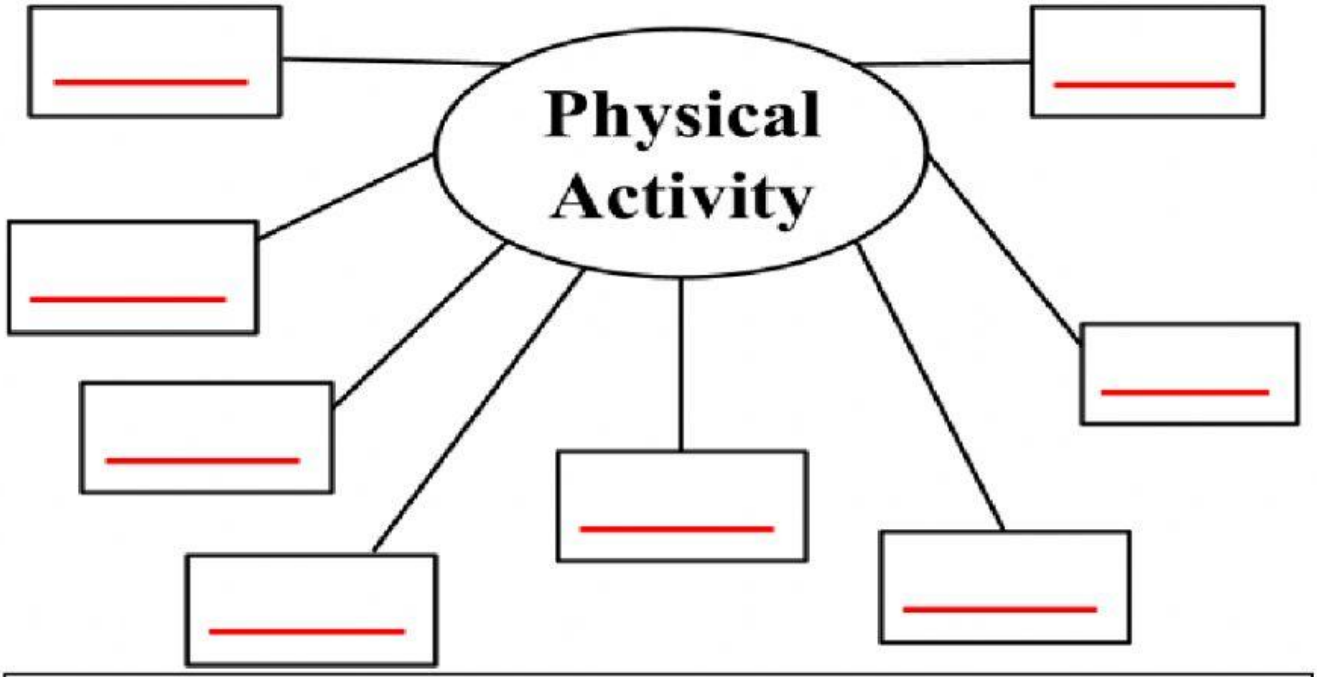
Word Bank				
Food	**Fruits**	**Yoga**	**Exercise**	**Dairy**
Calm	**Protein**	**Walking**	**Dancing**	**Running**
Grains	**Focus**	**Vegetable**	**Not Rushing**	**Yoga**

LIVEWORKSHEETS

Wellness

Name: _____

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



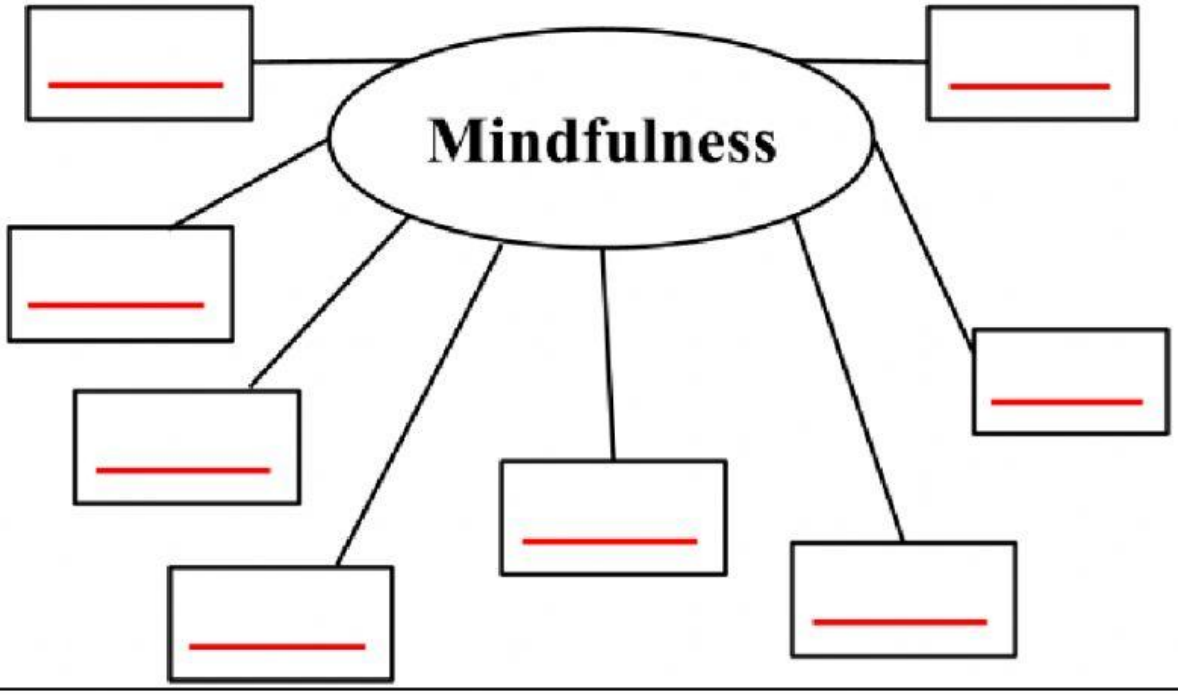
Word Bank				
Food	**Fruits**	**Yoga**	**Exercise**	**Dairy**
Calm	**Protein**	**Walking**	**Dancing**	**Running**
Grains	**Focus**	**Vegetable**	**Not Rushing**	**Yoga**

LIVEWORKSHEETS

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**

LIVEWORKSHEETS