Healthy Habits

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

choice	moderation	behaviour
balance	support	communication
healthy	empowerment	trust
positivity	habits	coping skills

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Healthy Habits **Answers**

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

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