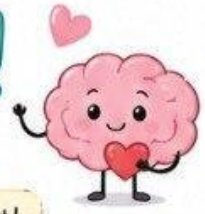


MIND MATTERS!

MENTAL HEALTH VOCABULARY WORKSHEET

Learn these important words to take care of your mind and feel your best!



A. Match the words with their meanings.

1. stress



2. anxiety



3. mood



4. relax



5. self-care



6. talk



7. support



8. mindfulness



9. positive



10. breathe



- A. when you worry a lot about things that might happen.
- B. changes in how you feel, like happy, sad, or angry.
- C. to take care of yourself and do things that make you feel good.
- D. feeling pressured or overwhelmed by too many things.
- E. to help or encourage someone when they need it.
- F. to speak and share your feelings with someone you trust.
- G. to be calm and free from tension.
- H. focusing on the present moment and being aware of your thoughts and feelings.
- I. to think or feel good about yourself and others.
- J. to take slow, deep breaths to calm your mind and body.

B. Fill in the blanks with the correct word from the box.

stress	anxiety	mood	relax	self-care
talk	support	mindfulness	positive	breathe



- Taking deep breaths can help you _____ when you feel upset.
- It is important to _____ to someone when you feel sad or worried.
- Doing things you enjoy is a good form of _____.
- Too much homework can cause _____.
- I try to focus on the present moment. This is called _____.
- My _____ changes throughout the day.
- If you feel _____, talk to a trusted adult.
- Having friends who care for you is a great _____.
- Choosing to think happy thoughts helps you stay _____.
- Remember to _____ slowly when you feel overwhelmed.

A healthy mind leads to a happy life!



VOCABULARY WORKSHEET

HEALTHY LIFESTYLE

Learn these important words to live a healthy and happy life! 

A. Match the words with their meanings.

- | | | | |
|------------------|---|---|---|
| 1. exercise |  | • | A. to do physical activities to keep your body fit. |
| 2. hydrate |  | • | B. to rest your body and mind, usually after work or study. |
| 3. balanced diet |  | • | C. the state of being healthy in body and mind. |
| 4. sleep |  | • | D. to drink enough water. |
| 5. healthy |  | • | E. a regular action that you do often. |
| 6. avoid |  | • | F. having food from all the food groups in the right amounts. |
| 7. habit |  | • | G. to stay away from something bad for your health. |
| 8. energy |  | • | H. the strength to do things. |
| 9. relax |  | • | I. in good physical and mental condition. |
| 10. wellness |  | • | J. to rest your body and mind at night. |

B. Fill in the blanks with the correct word from the box.

exercise	hydrate	balanced diet	sleep	healthy
avoid	habit	energy	relax	wellness



- I drink water every day to _____ my body.
- A _____ includes fruits, vegetables, protein and grains.
- I try to _____ junk food and sugary drinks.
- I do 30 minutes of _____ every morning.
- Getting enough _____ helps me feel fresh the next day.
- Reading a book helps me _____ after a long day.
- Having a good _____ gives me more _____ to study.
- Brushing my teeth is a good _____ to keep me healthy.
- Living a _____ lifestyle can improve your quality of life.
- Mental _____ is just as important as physical health.



LET'S GET ACTIVE!

EXERCISE VOCABULARY WORKSHEET

Learn these words to talk about exercise and staying fit!



A. Match the words with their meanings.

1. warm up



2. cardio



3. strength



4. stretch



5. balance



6. endurance



7. routine



8. rest



9. hydrate



10. cool down



- A. a planned set of exercises or activities you do regularly.
- B. to prepare your body for exercise with light movement.
- C. the ability to keep going for a long time without getting tired.
- D. exercises that make your heart beat faster, like running or cycling.
- E. to drink water to replace fluids lost from your body.
- F. to make your muscles strong so you can lift or carry things.
- G. a short break to let your body relax and recover.
- H. the ability to stay steady and not fall over easily.
- I. to gently relax your body after exercise.
- J. to lengthen your muscles by reaching or moving slowly.

B. Fill in the blanks with the correct word from the box.

warm up

cardio

strength

stretch

balance

endurance

routine

rest

hydrate

cool down



- Before any workout, you should _____ to get your body ready.
- Running, jogging and swimming are examples of _____ exercises.
- Lifting weights helps improve your _____.
- After exercise, it is important to _____ your muscles.
- Standing on one leg helps you improve your _____.
- When you exercise regularly, your _____ will get better.
- I follow a daily _____ to stay active and healthy.
- After a hard workout, give your body time to _____.
- Always _____ by drinking plenty of water.
- After exercise, remember to _____ to help your body recover.

Stay active,
stay happy,
stay healthy!

