

Name: _____

BAM

Children's Entertainment

Self-Care Word Search

A	Y	O	G	A	B	X	V	K	F	D	N
E	H	S	G	P	R	E	L	A	X	C	L
W	E	L	L	B	E	I	N	G	B	S	Q
A	A	T	H	O	C	N	O	D	M	T	P
L	L	M	E	D	I	T	A	T	I	O	N
K	T	A	E	Z	V	Y	K	J	L	B	G
J	H	E	L	R	E	A	D	A	U	W	L
M	I	N	D	F	U	L	N	E	S	S	S

Let's find these groovy words!

- Mindfulness
- Yoga
- Walk
- Read
- Meditation
- Health
- Well-Being
- Relax

