



Wellness Puzzles/Games

Criss Cross • Word Search • Coloring Sheet





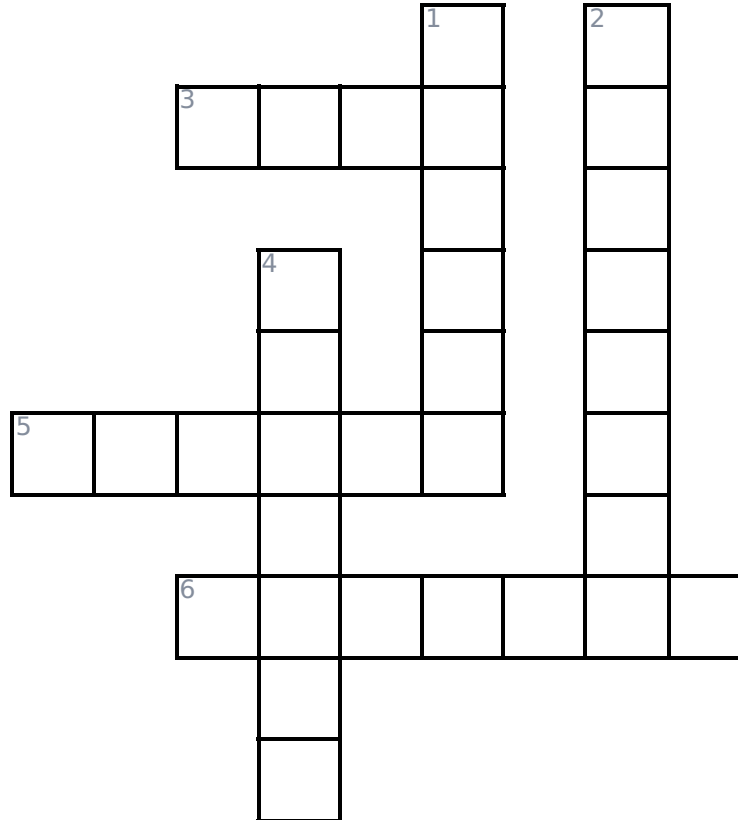
Name: _____ Date: _____

Wellness: Criss Cross (K-2)

Answer clues based on the content and vocabulary words.
Look for hints in the Word Bank.

Word Bank

DOCTOR
DENTIST
YOGA
FITNESS
WELLNESS
FARMER



Down

1. A person who owns or runs a farm.
2. Pursuing good health and fitness
4. ___ is a state of good health and being physical fit.

Across

3. A ___ teacher shows students how to perform various stretching poses and practice meditation.
5. A person trained to treat sick people or animals.
6. A person trained to take care of teeth, gums, and the mouth.



Name: _____ Date: _____

Wellness: Criss Cross (3-5)

Answer clues based on the content and vocabulary words.
Look for hints in the Word Bank.

Down

1. An ancient Chinese martial art that has evolved into a sport and form of exercise.
2. A ____ is an example of an emotional support animal (ESA), supporting a person with an emotional or mental health need.
4. A person trained in the study of preparing health and balanced meals.
7. A person trained to take care of teeth, gums, and the mouth.
9. A person who owns or runs a farm.

Across

3. A person trained to treat sick people or animals.
5. A ____ teach students how to perform various stretching poses, practice meditation, and promote mindfulness.
6. A person trained to perform emergency medical care.
8. Pursuing good health and fitness
9. ____ is a state of good health and being physical fit.



Word Bank

DOCTOR	YOGA
NUTRITIONIST	PARAMEDIC
FITNESS	INSTRUCTOR
THERAPY DOG	WELLNESS
FARMER	DENTIST
TAI CHI	



Name: _____ Date: _____

Wellness: Word Search (K-2)

Find the words in the list.

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

Word Bank

DOCTOR

THERAPY DOG

YOGA TEACHER

WELLNESS

FARMER

NUTRITIONIST

DENTIST

FITNESS



Name: _____ Date: _____

Wellness: Word Search (3-5)

Find the words in the list.

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

Word Bank

DOCTOR

THERAPY DOG

YOGA INSTRUCTOR

WELLNESS

NUTRITIONIST

FARMER

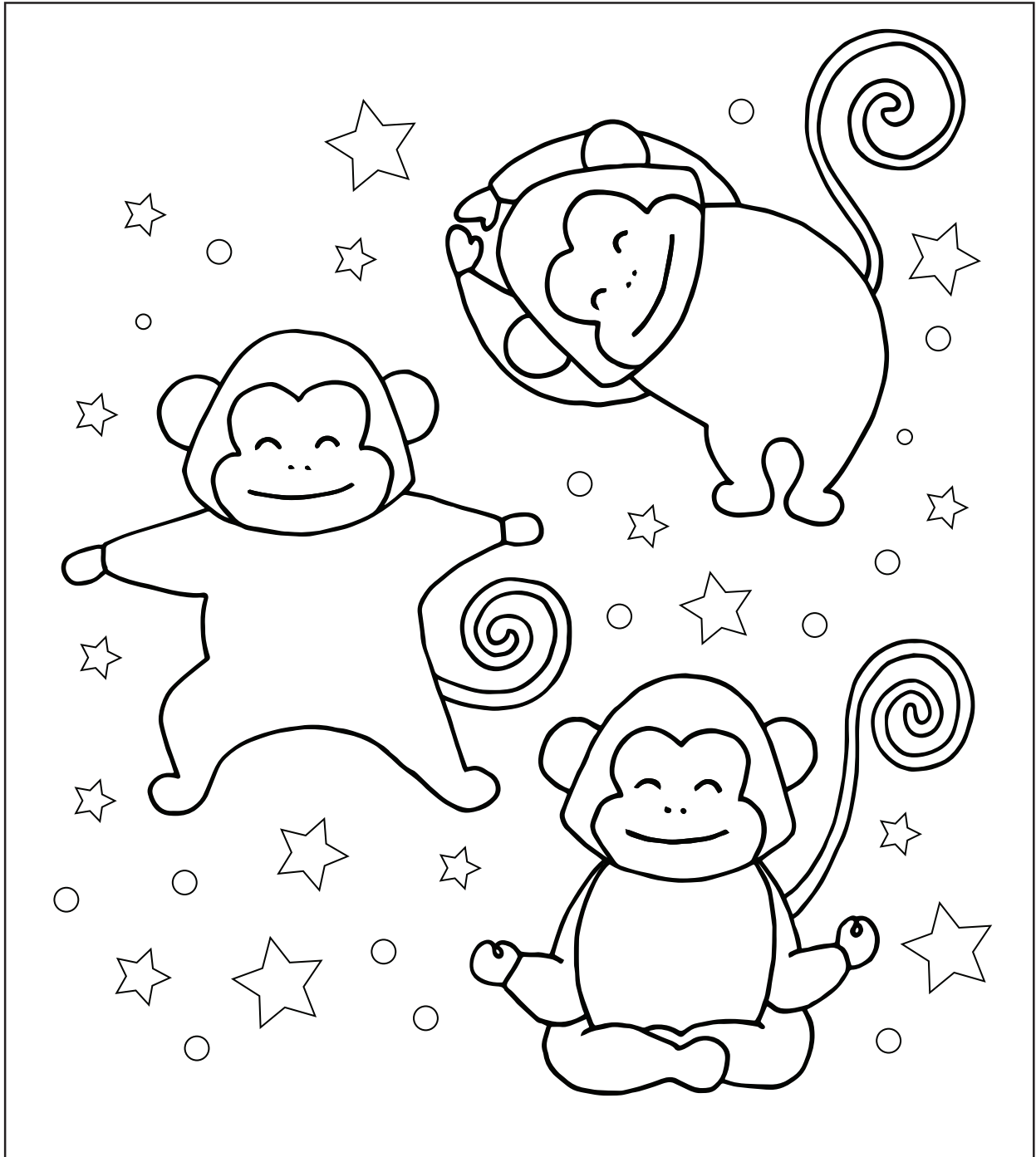
PARAMEDIC

DENTIST

FITNESS

TAI CHI

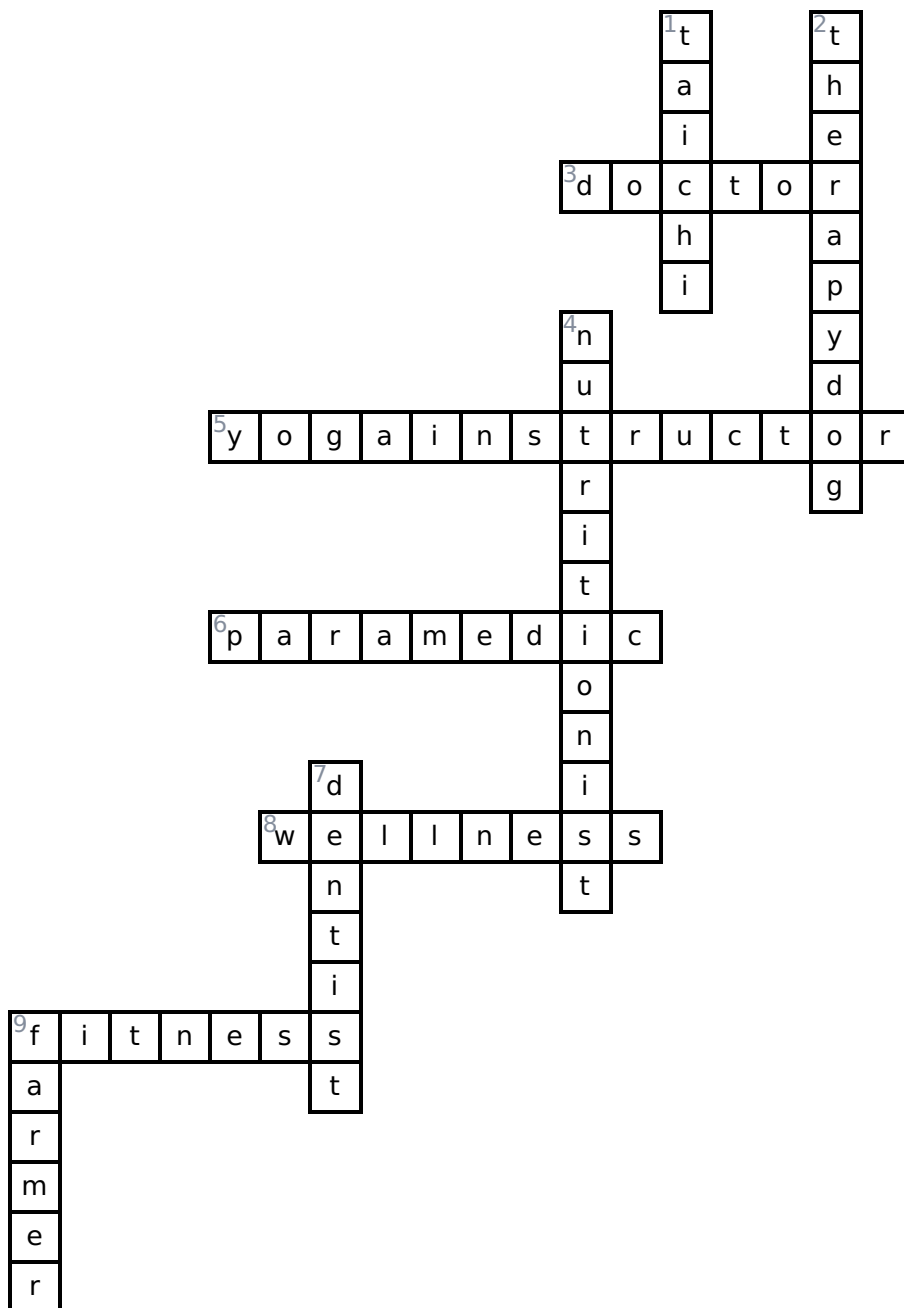
WELLNESS



					1	f		2	w	
		3	y	o	g	a			e	
						r			l	
				4	f		m		l	
					i		e		n	
5	d	o	c	t	o	r			e	
					n				s	
		6	d	e	n	t	i	s	t	
					s					
					s					



Wellness: Criss Cross (3-5) Answer Key





Wellness: Word Search (K-2)

Answer Key

N									Y
U									O
T						T			G
R	D					H			A
I	W	E	L	L	N	E	S	S	T
T		N		F	A	R	M	E	R
I		T		I		A			A
O		I		T		P			C
N		S		N		Y			H
I		T		E		D			E
S				S	D	O	C	T	O
T				S		G			



Wellness: Word Search (3-5) Answer Key

						W											Y		
			N			E											O	F	
			U						L								G	I	
			T			F	P	L									A	T	
			R				A			N							I	N	
			I				R	R									E	N	E
D	E	N	T	I	S	T	A			M							S	S	
			I				D	M	T								E	T	S
			O				O	E		A							R		
			N				C	D									I	U	
			I				T	I									C		
			S				O	C									T	H	
			T	H	E	R	A	P	Y	D	O	G	I						