



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

HEALTHY

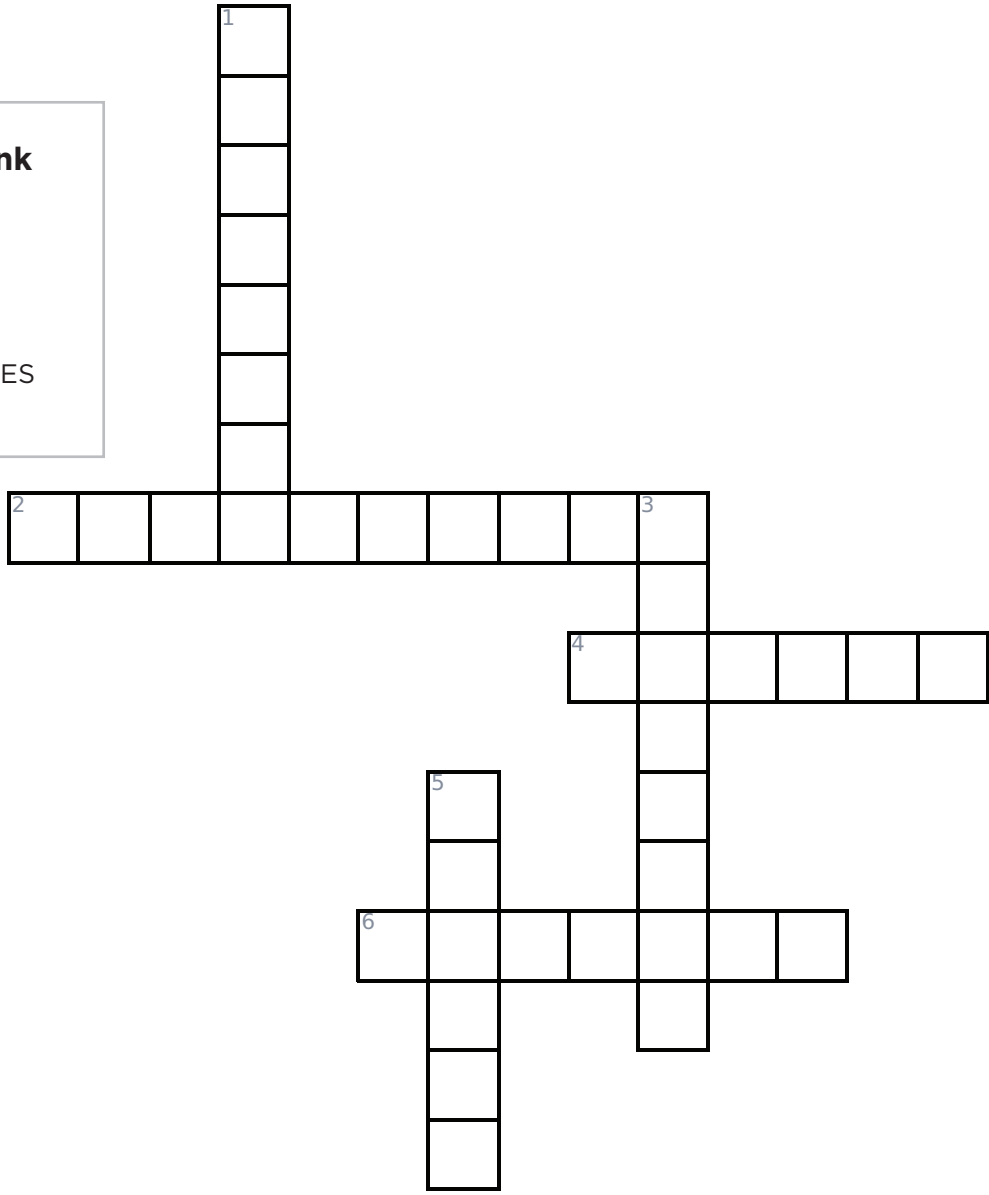
ENERGY

FRUITS

STRENGTH

VEGETABLES

EXERCISE



Down

- 1. Activity you do to stay healthy
- 3. When you have energy that makes you strong
- 5. When you have a healthy mind and body

Across

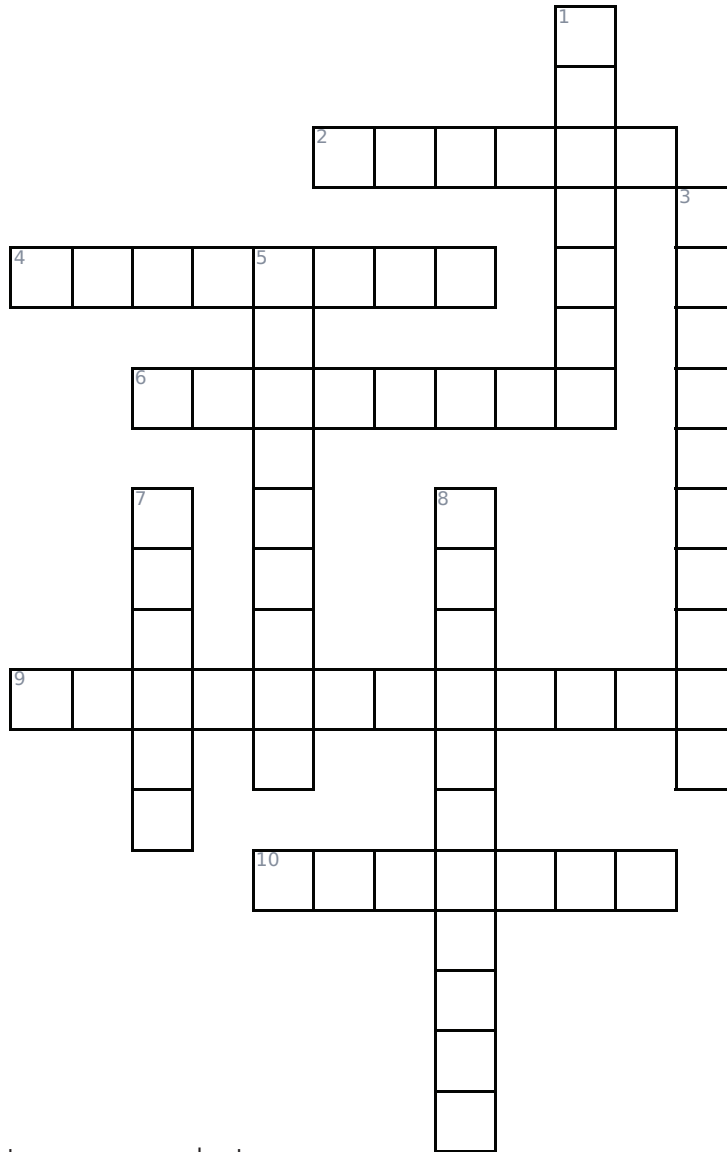
- 2. A plant that is eaten raw or cooked
- 4. Something that grows on a plant, tree or bush. It usually can be eaten and contains seeds
- 6. When you are strong and good to your body



Name: _____ Date: _____

Wellness: Criss Cross (3-5)

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



Word Bank

- HEALTHY
- ENERGY
- FRUITS
- STRENGTH
- NUTRITION
- VITAMINS
- VEGETABLES
- FITNESS
- MINDFULNESS
- CARBOHYDRATE

Across

- 2. Something that grows on a plant, tree or bush. It usually can be eaten and contains seeds
- 4. When you have energy that makes you strong
- 6. A part of the food that makes you healthy
- 9. Substances in food that provide the body with nutrients
- 10. When you are strong and good to your body

Down

- 1. To be healthy enough to do hard work or sports
- 3. A plant that is eaten raw or cooked
- 5. When you choose the right type of food for good health
- 7. When you have a healthy mind and body
- 8. A way of paying attention to our present-moment experience with an attitude of kindness and curiosity



Name: _____ Date: _____

Wellness: Word Search (K-2)

Find the words in the list.

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

Word Bank:

HEALTHY

ENERGY

FRUITS

STRENGTH

NUTRITION

VITAMINS

VEGETABLES

EXERCISE



Name: _____ Date: _____

Wellness: Word Search (3-5)

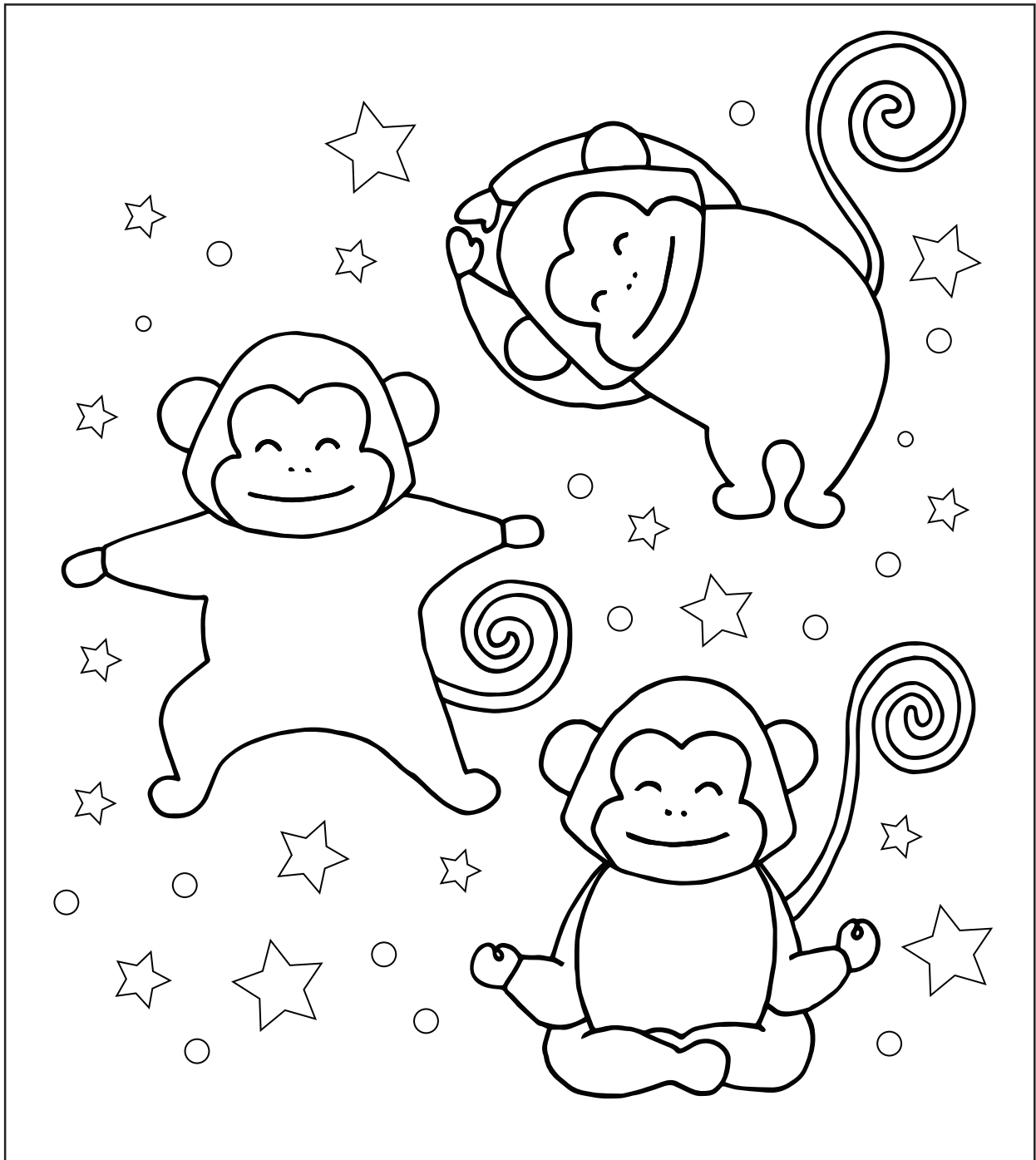
Find the words in the list.

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

Word Bank:

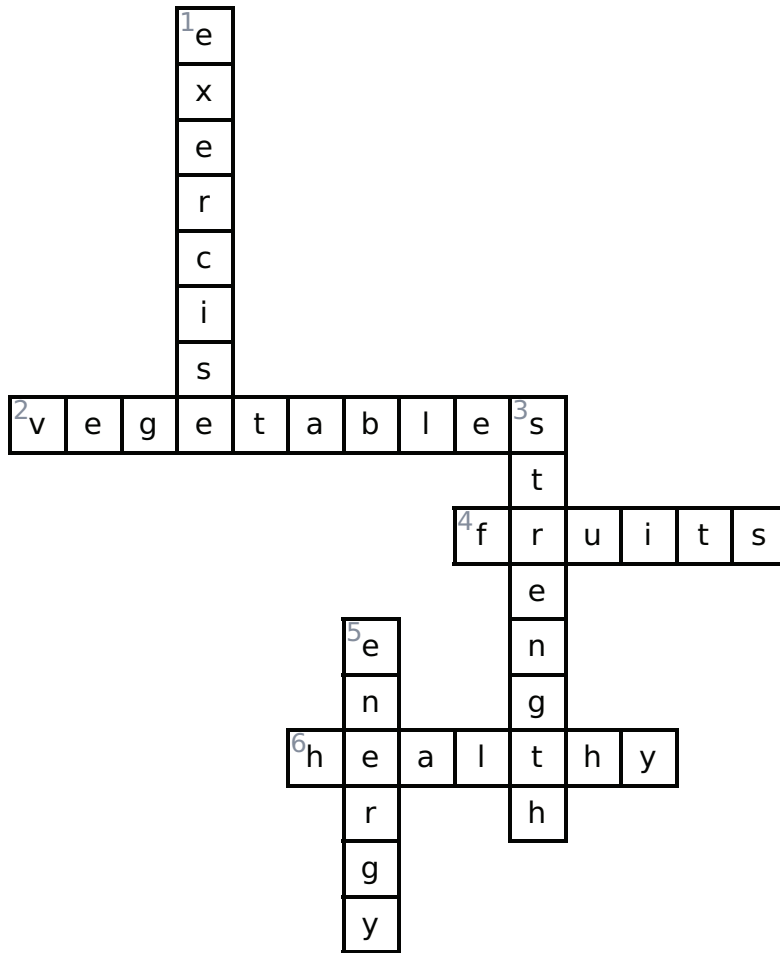
HEALTHY	ENERGY	FRUITS
STRENGTH	NUTRITION	VITAMINS
VEGETABLES	FITNESS	MINDFULNESS
CARBOHYDRATE		

WELLNESS



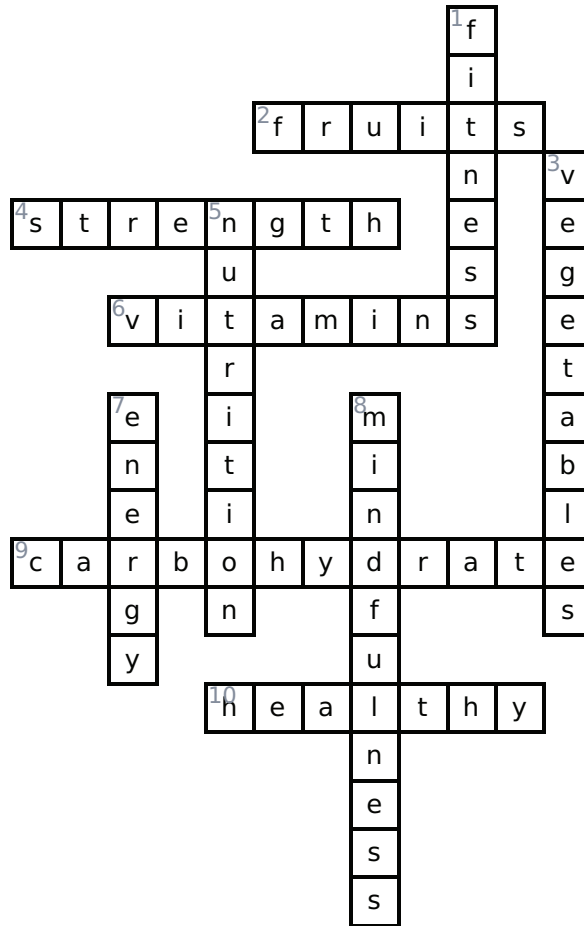


Wellness: Criss Cross (K-2) Answer Key





Wellness: Criss Cross (3-5) Answer Key





Wellness: Word Search (K-2)

Answer Key

V N U T R I T I O N
E E S
G X V I T A M I N S
E E R H F
T R E N E R G Y
A C N A U
B I G L I
L S T T T
E E H H S
S Y



Wellness: Word Search (3-5) Answer Key

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