



Name _____

Posture and Movement Word Search

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

Sit
 Lie
 Stand
 Jaw
 Lotus

Spine
 Relaxed
 Straight
 Shoulders
 Hands

Eyes
 Cross-legged
 Tension
 Release
 Gesture

