



Name _____

Healthy Habits Word Search

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

Exercise
 Stretch
 Hydrate
 Routine
 Nutrition

Breathing
 Walking
 Breaktime
 Hobby
 Journaling

Meditation
 Sleep
 Laughter
 Sunlight
 Limit

