Name: _____ Date: _____

Self Care Word Search

Find all of the words hidden in the grid.
They may go in any direction.

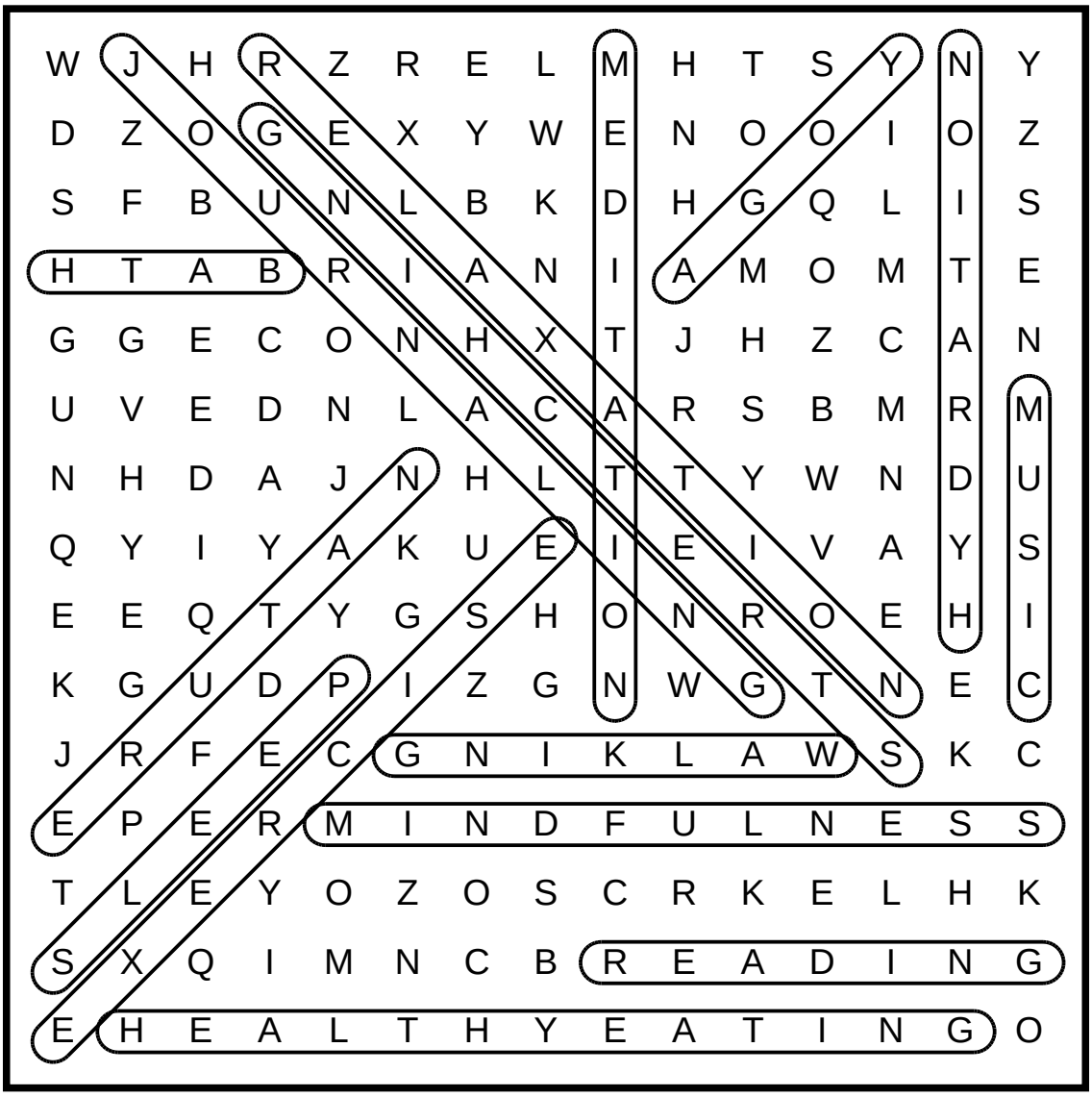


W J H R Z R E L M H T S Y N Y
D Z O G E X Y W E N O O I O Z
S F B U N L B K D H G Q L I S
H T A B R I A N I A M O M T E
G G E C O N H X T J H Z C A N
U V E D N L A C A R S B M R M
N H D A J N H L T T Y W N D U
Q Y I Y A K U E I E I V A Y S
E E Q T Y G S H O N R O E H I
K G U D P I Z G N W G T N E C
J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

BATH
EXERCISE
HEALTHY EATING
HYDRATION
JOURNALING
MEDITATION
MINDFULNESS
MUSIC
NATURE
READING
RELAXATION
SLEEP
STRETCHING
WALKING
YOGA

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Answer Key for
Self Care Word Search



BATH
EXERCISE
HEALTHY EATING
HYDRATION
JOURNALING
MEDITATION
MINDFULNESS
MUSIC
NATURE
READING
RELAXATION
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STRETCHING
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