

# September Wellness Challenge

## INTELLECTUAL WELLNESS

**Exercise your brain by completing the booklet as a team or individually and send it back to [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) or office A279 for a chance to win a prize!**

**Name/Program:** \_\_\_\_\_

Name & Program: \_\_\_\_\_

# SEPTEMBER WELLNESS CHALLENGE

## WORDSEARCH

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

PHYSICAL  
EMOTIONAL  
SPIRITUAL  
FINANCIAL

ENVIRONMENT  
SOCIAL  
OCCUPATIONAL  
INTELLECTUAL

WELL BEING  
MOTIVATION  
EMPOWERMENT  
SELF CARE

COPING  
BALANCE  
ACTIVITY  
MINDFUL

Name & Program: \_\_\_\_\_

## SEPTEMBER WELLNESS CHALLENGE

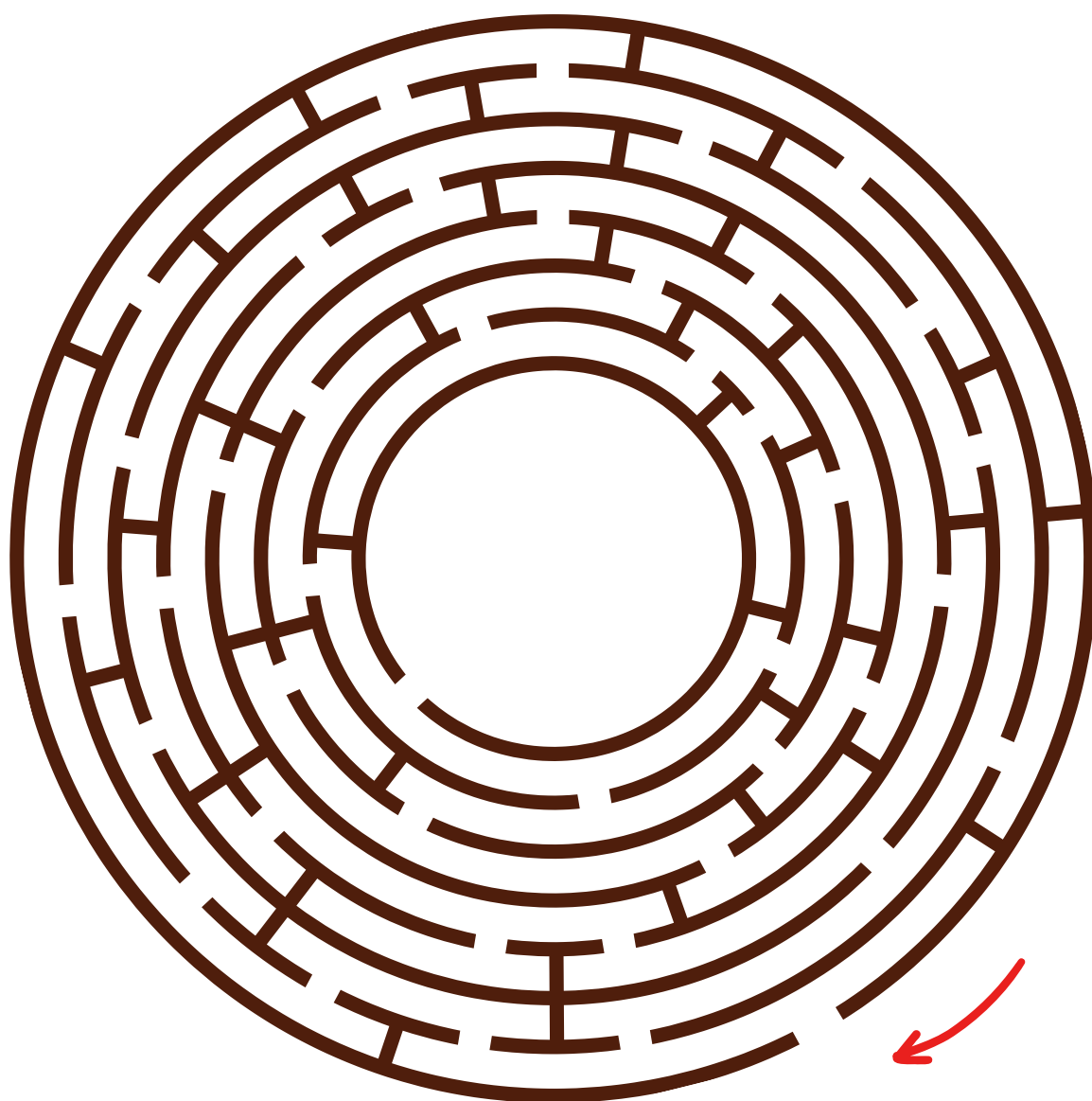
### ***SUDOKU***

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 4 |   | 8 |   |   |   |
|   | 6 |   |   | 7 |   |   | 1 |   |
| 7 |   | 2 |   | 9 |   | 5 |   | 4 |
|   | 9 |   | 7 |   | 4 |   | 3 |   |
|   |   | 7 |   | 5 |   | 8 |   |   |
|   | 8 |   | 9 |   | 6 |   | 5 |   |
| 9 |   | 4 |   | 1 |   | 7 |   | 8 |
|   | 7 |   |   | 6 |   |   | 4 |   |
|   |   |   | 2 |   | 7 |   |   |   |

Name & Program: \_\_\_\_\_

# **SEPTEMBER WELLNESS CHALLENGE**

## ***MAZE PUZZLE***



Name & Program: \_\_\_\_\_

# SEPTEMBER WELLNESS CHALLENGE

## ***ALPHABET CHALLENGE***

WRITE ONE WORD WITH A AUTUMN THEME FOR EACH LETTER OF THE ALPHABET.

A

\_\_\_\_\_

B

\_\_\_\_\_

C

\_\_\_\_\_

D

\_\_\_\_\_

E

\_\_\_\_\_

F

\_\_\_\_\_

G

\_\_\_\_\_

H

\_\_\_\_\_

I

\_\_\_\_\_

J

\_\_\_\_\_

K

\_\_\_\_\_

L

\_\_\_\_\_

M

\_\_\_\_\_

N

\_\_\_\_\_

O

\_\_\_\_\_

P

\_\_\_\_\_

Q

\_\_\_\_\_

R

\_\_\_\_\_

S

\_\_\_\_\_

T

\_\_\_\_\_

U

\_\_\_\_\_

V

\_\_\_\_\_

W

\_\_\_\_\_

X

\_\_\_\_\_

Y

\_\_\_\_\_

Z

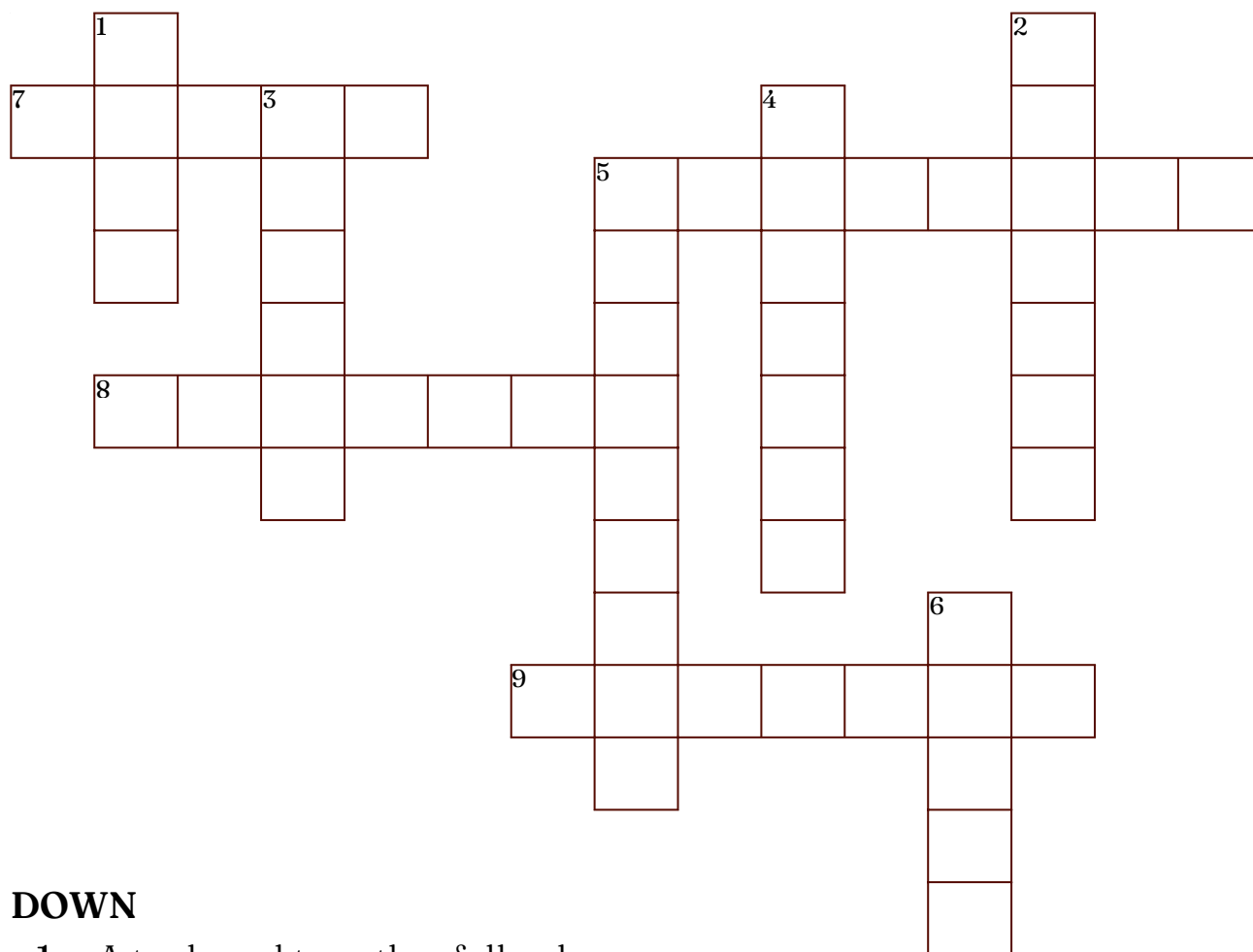
\_\_\_\_\_

Name & Program: \_\_\_\_\_

# SEPTEMBER WELLNESS CHALLENGE

## CROSSWORD

Find 10 words related to the autumn.



### DOWN

1. A tool used to gather fallen leaves.
2. The process of gathering ripe crops from the fields.
3. They change colour and fall from trees in autumn.
4. A large orange fruit used for carving.
5. A figure made to scare birds away from crops.
6. A thin layer of ice that forms on surfaces in cold weather.

### ACROSS

7. A tree known for its colourful autumn leaves.
5. An animal that collects nuts for winter.
8. A knitted piece of clothing worn in cooler weather.
9. A large outdoor fire often used for warmth or celebration.

Name & Program: \_\_\_\_\_

# SEPTEMBER WELLNESS CHALLENGE

## *THINK OUTSIDE THE BOX*

LOOK AT EACH BOX CAREFULLY AND SEE IF YOU  
CAN SOLVE THIS CREATIVE BRAIN TEASERS!



heart

ground

---

feet feet feet  
feet feet feet

man

---

board

level



mill1on

brother

stood

---

miss

secret



secret

secret

arUPms

Name & Program: \_\_\_\_\_

# **SEPTEMBER WELLNESS CHALLENGE**

## ***FUN BRAIN TEASERS***

READ EACH QUESTION CAREFULLY AND WRITE YOUR ANSWER IN THE SPACE PROVIDED.

I have keys but no locks. I have space but no room. You can enter, but you can't go outside. What am I?

What comes once in a minute, twice in a moment, but never in a thousand years?

Which month has 28 days?

I'm tall when I'm young and short when I'm old. What am I?

If you throw a red stone into the blue sea, what will it become?