



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 or office A279 for a chance to win a prize!

Name/Program: _____



SUDOKU

Puzzles



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



SUDOKU

Puzzles



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



SUDOKU

Puzzles



			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			



WORD SEARCH



Self-Care

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

Accountability

Development

Mindfulness

Management

Acceptable

Awareness

Positive

Hygiene

Support

Comfort

Process

Relief

Humble

Sleep

Relax

Value

Love

Plan



WORD SEARCH



September word search

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

Hot chocolate

Popcorn balls

Marshmallows

Wizard of oz

Scare crows

Halloween

Football

Hayrides

Sweaters

Pumpkin

S'mores

Apples

Leaves

Orange

Spices

Spooky

Yellow

Fall

Warm

Red



WORD SEARCH



Positive Mental Health

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

Acknowledgement

Self Awareness

Self Advocacy

Confidence

Compassion

Positive

Mindful

Sharing

Friends

Health

Caring

Faith

Happy

Oasis

Hope

HOW MANY WORDS CAN YOU MAKE OUT OF

SEPTEMBER

Using each letter only once, see how many different words you can make out of "SEPTEMBER." Write as many words as you can come up with on the lines below.

1. _____

16. _____

2. _____

17. _____

3. _____

18. _____

4. _____

19. _____

5. _____

20. _____

6. _____

21. _____

7. _____

22. _____

8. _____

23. _____

9. _____

24. _____

10. _____

25. _____

11. _____

26. _____

12. _____

27. _____

13. _____

28. _____

14. _____

29. _____

15. _____

30. _____