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

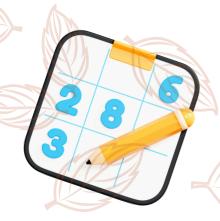


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SUDOKU

Puzzles



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SUDOKU

Puzzles



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WORD SEARCH



Self-Care

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Accountability Development

Acceptable Awareness

Support Cor Humble Sle

Love

Awarenes Comfort Sleep Plan Mindfulness Positive

Process

Relax

Management

Hygiene

Relief

Value



WORD SEARCH



September word search

Ζ Ζ R D Е Т 0 0 I Z Q Ζ R Ζ

Hot chocolate

Popcorn balls

Wizard of oz

Scare crows

Halloween

Hayrides

Sweaters

Pumpkin

Apples

Leaves

Orange

Spooky

Yellow

Fall

S'mores Spices

Warm

Football

Marshmallows

Red



WORD SEARCH



Positive Mental Health

Ε K D R Z D Ε Q Ε S Q Q Z D D D T G Z

Acknowledgement

Confidence

Mindful

Health

Happy

Self Awareness

Compassion

Sharing

Caring

Oasis

Self Advocacy

Positive

Friends

Faith

Hope



HOW MANY WORDS CAN YOU MAKE OUT OF

SEPTEMBE

Using each letter only once, see how many different words you can make out of

	" Write as many wo			
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2.		((/17.)_	3	
3.		18		
		19		
5.		20.		MB.
6.		21		
7.		22, -		
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9.		24		
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		26.		
12.		27.		
13		28		
14.		29,	Y	
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