

About Stress - Level 1

Fun Challenge Worksheet

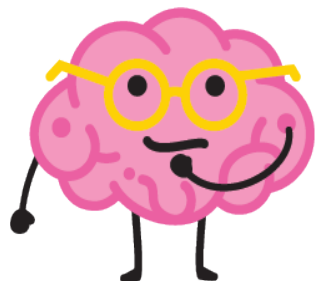


Word Search

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

Find the following words in the puzzle.

Words are hidden → ↓ ↘



FRUSTRATION	STRESS	RELAX
EXERCISING	SWEATY	NUMB
HOMEWORK	SHAKY	
BREATHE	SLEEP	