



Home-Learning Activity

WEEK OF:

THIS ACTIVITY IS
FOR GRADE/S:

Title of Activity:

Learning Outcome:

Description of Activity:

Activity Resources:

Health and Wellness Word Search

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

CARDIOVASCULAR
HEALTHY
NUTRITION
TRACKANDFIELD

EXERCISE
HYDRATE
RESPIRATORY
VEGETABLES

HANDWASHING
JOGGING
SNEAKERS
WATER