Wellness IN the Rockies Messages

1) Enjoy being ________________ every _______!
   1 - 3 - 16 - 8 - 18 - 5  4 - 1 - 19

2) ________________ and ________________ every ____________,
   1 - 3 - 3 - 5 - 14 - 16  18 - 1 - 11 - 17 - 5  2 - 13 - 4 - 19

   whatever size or shape.

3) ________________ ________________ all kinds of food.
   5 - 12 - 9 - 13 - 19  5 - 1 - 16 - 8 - 12 - 6

4) You are ________ of a kind! ________________ about what
   13 - 12 - 5  16 - 7 - 8 - 12 - 10

   makes you ________________ .
   15 - 14 - 5 - 3 - 8 - 1 - 11


A = 1  B = 2  C = 3  D = 4  E = 5  G = 6  H = 7
I = 8  J = 9  K = 10  L = 11  N = 12  O = 13  P = 14
S = 15  T = 16  U = 17  V = 18  Y = 19
FRUITS and VEGETABLES WORD SEARCH

FRUITS

APPLE
BANANA
CANTALOUPE
PEACH
PEAR
RAISINS
RHUBARB
STRAWBERRY

VEGETABLES

AVOCADO
BEET
BROCCOLI
CARROT
CELERY
CORN
PEAS
SPINACH
TOMATO
Can you think of a physical activity for each letter of the alphabet? Be creative!

A________________________   N________________________
B________________________   O________________________
C________________________   P________________________
D________________________   Q________________________
E________________________   R________________________
F________________________   S________________________
G________________________   T________________________
H________________________   U unicycle riding
I________________________
J________________________
K________________________
L________________________
M mowing the lawn

Z________________________
Wellness IN the Rockies

Make as many words as you can using the letters above.
For example: nose winner

Thank you for completing the survey!