

# Word Search and Scramble Game

**There are many people who you can talk to and who can help you when you are feeling sad or worried.**

We have listed them below but we scrambled up the letters! Can you unscramble them and see who can help you if you need them?

1) P \_ \_ \_ \_ \_ ( aerptns)

2) G \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ ( aerptnsgdnar)

3) B \_ \_ \_ \_ \_ ( obrerth)

4) S \_ \_ \_ \_ \_ ( stsire)

5) U \_ \_ \_ \_ \_ ( ucnel)

6) A \_ \_ \_ \_ ( tuan)

7) C \_ \_ \_ \_ \_ ( cuonis)

8) F \_ \_ \_ \_ \_ \_ \_ ( dsrfein)

9) T \_ \_ \_ \_ \_ \_ \_ \_ \_ ( chtaeres)

10) C \_ \_ \_ \_ \_ ( racer)

# Can you find the words below in the word search?

They are 'The Five Ways to Wellbeing' positive and proven ways to improve and maintain good mental health and wellbeing.

**CONNECT LEARNING**  
**EXERCISE NOTICING**  
**GIVING**

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

## Scramble Answers

- |                 |             |
|-----------------|-------------|
| 1) Parents      | 6) Aunt     |
| 2) Grandparents | 7) Cousin   |
| 3) Brother      | 8) Friends  |
| 4) Sister       | 9) Teachers |
| 5) Uncle        | 10) Carer   |

In other words someone that you trust.

