

# Study break find-a-word

How many break time activities from the list can you find? As you find and circle a each word, take a minute to consider when was the last time you did that activity.

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

## Words to find:

Chill

Dance

Mediate

Boardgames

Talk

Hug

Laugh

Read

Puzzles

Conversation

Hobbies

Exercise

Cook

Sing

Draw

Problem solving

Reflect