

Wellness Word Scramble

Unscramble each health and wellness word. Use the clue if you need help.

Name: _____ Date: _____

1

RETAW

Something healthy to drink

2

PEELS

Rest your body at night

3

KLWA

A way to move your body

4

TIURF

A naturally sweet food

5

HSURB

Use this on your teeth

6

REWOHS

A way to keep your body clean

7

ROTCOD

A person who helps when you are sick

8

LAEHTH

How well your body and mind are doing
