

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

Wellness Word Scramble - Answer Key

Use this page to check the answers.

Name: _____ Date: _____

1

RETAW

Something healthy to drink

WATER

2

PEELS

Rest your body at night

SLEEP

3

KLWA

A way to move your body

WALK

4

TIURF

A naturally sweet food

FRUIT

5

HSURB

Use this on your teeth

BRUSH

6

REWOHS

A way to keep your body clean

SHOWER

7

ROTCOD

A person who helps when you are sick

DOCTOR

8

LAEHTH

How well your body and mind are doing

HEALTH