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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Health Class

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

   positive thoughts       peaceful       calm       reading       school       learning       drinking water       Food groups       Fruit       Vegetables       Soap       Tooth paste       Toothbrush       Brushing hair       Washing hands       Yoga       Coping       wellness       Anxiety       Stress       Eating       Walking       Mindfulness       Food       Breathe       Exercise       Running       Health