



# WELLNESS MONTH 2026

## WORD SEARCH

### Stormwater Innovation

Find 22 words: across, down, or diagonal. All read forward.

Name: \_\_\_\_\_

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

### WORDS TO FIND

BALANCE  
BREATHING  
BUDGET  
COMMUNITY  
CONNECTION  
ENERGY  
GOALS  
GRATITUDE

HEALTH  
HEART  
HYDRATION  
MINDFULNESS  
MOVEMENT  
NUTRITION  
PREVENTION  
REST

SLEEP  
STRENGTH  
STRETCH  
SUNSHINE  
WALKING  
WELLNESS



Stormwater Innovation

## MES DEL BIENESTAR 2026

### SOPA DE LETRAS

Encuentra 22 palabras. Todas se leen hacia adelante.

Nombre: \_\_\_\_\_

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

### PALABRAS PARA ENCONTRAR

AGUA  
BIENESTAR  
CAMINAR  
COMUNIDAD  
CORAZON  
DESCANSO  
ENERGIA  
EQUILIBRIO

ESTIRAR  
FAMILIA  
FRUTA  
FUERZA  
GRATITUD  
METAS  
MOVIMIENTO  
NUTRICION

PREVENCION  
RESPIRAR  
SALUD  
SONREIR  
SUENO  
VERDURAS

En la cuadrícula, se omiten los acentos.