

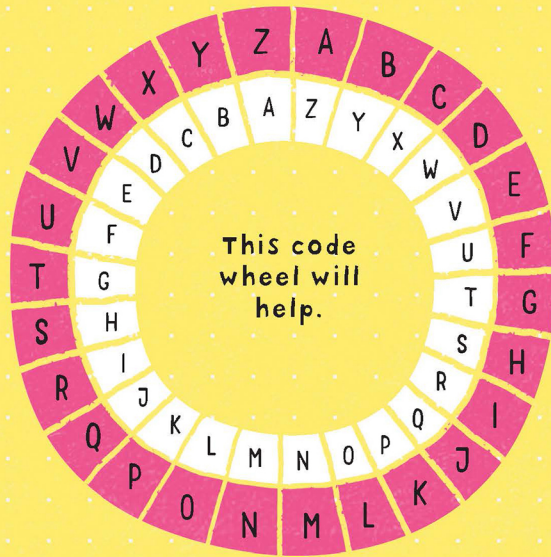
UNWORRY ACTIVITIES



BRAIN PUZZLES

Have a go at all the puzzles on this page.
Keep your brain focused on these, rather than on worries.

Crack this code to work out what the message says.



V E V I B G S R M T

R H

T L R M T

G L

Y V

L P

Look for all these
unworry terms:

- calm
- unwind
- Relax
- Unworry
- Mindful
- Breathe
- Laugh
- Rest

The words might be
across, up, down or
backwards.

WORDSEARCH

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

How many words can you make using the letters of

Relaxation

Only use each letter as many times as it appears in 'relaxation'. What's the longest word you can make?



Find the answers on page 96.