

Spot the 7 differences!



Self-Care Word Search

- **Unplug**
- **Exercise**
- **Eating Well**
- **Talking**
- **Hobbies**
- **Therapy**
- **Sleep**

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

Answers!



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