

Calm and Wellbeing

Medium · 13 × 13 · 12 words · across, down and diagonal



☐ MINDFULNESS

☐ GRATITUDE

☐ BALANCE

☐ MEDITATION

☐ JOURNAL

☐ BREATHING

☐ WALKING

☐ SLEEP

☐ LAUGHTER

☐ NATURE

☐ STILLNESS

☐ REST

Calm and Wellbeing: answer key

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