

Self Care Practices

Hard · 16 × 16 · 18 words · every direction, backwards too

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

☐ BOUNDARIES

☐ DIGITAL DETOX

☐ SAYING NO

☐ QUIET TIME

☐ TIME OUTDOORS

☐ CONNECTION

☐ HEALTHY EATING

☐ MINDFUL WALK

☐ CREATIVE HOBBY

☐ RESTORATIVE YOGA

☐ THERAPY

☐ DAILY WALK

☐ SCREEN BREAK

☐ BEDTIME ROUTINE

☐ SLOW MORNING

☐ WEEKLY PLANNING

☐ MEAL PREP

☐ JOURNALING

Self Care Practices: answer key

Hard · 16 × 16 · 18 words · every direction, backwards too



☐ BOUNDARIES

☐ DIGITAL DETOX

☐ SAYING NO

☐ QUIET TIME

☐ TIME OUTDOORS

☐ CONNECTION

☐ HEALTHY EATING

☐ MINDFUL WALK

☐ CREATIVE HOBBY

☐ RESTORATIVE YOGA

☐ THERAPY

☐ DAILY WALK

☐ SCREEN BREAK

☐ BEDTIME ROUTINE

☐ SLOW MORNING

☐ WEEKLY PLANNING

☐ MEAL PREP

☐ JOURNALING