

Playful Moments

Puzzles, games, and flights of fancy to help brighten your day.



Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.

- Voltaire



Coloring reduces stress and promotes mindfulness



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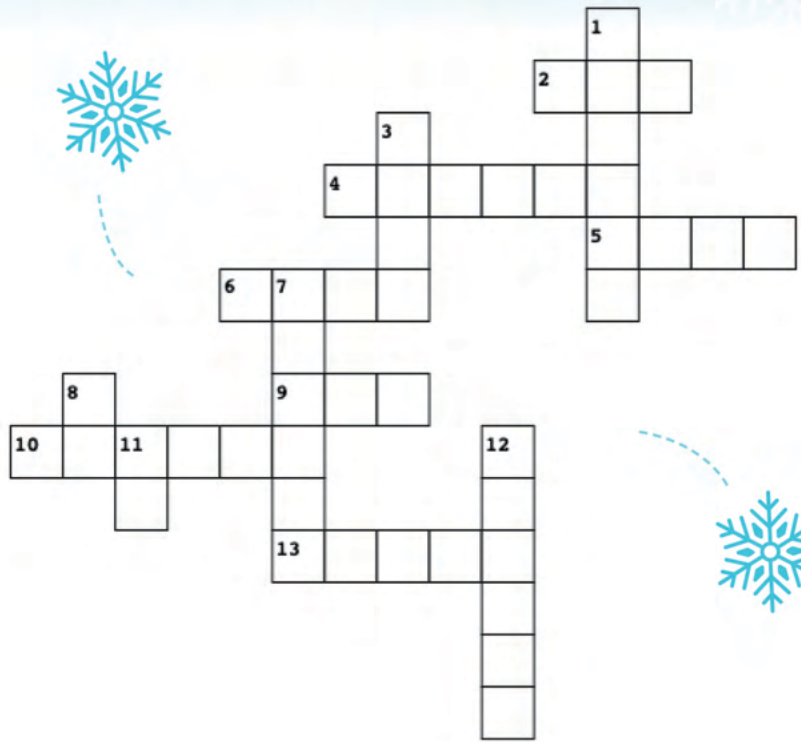
Playful Moments

Across

2. Snap, crackle,
4. Hook, line and
5. Up, up and
6. Red, white and
9. Larry, Curly and
10. Bacon, lettuce,
13. Rock, paper,

Down

1. Hip, hip,
3. Earth, Wind and
7. When life gives you ___
8. On your mark, get set, ___!
11. Do, re,
12. Past, present and



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

Reflection

Friendship

Wambi

Fearlessness

Teamwork

Compassion

Empathy

Joy

Recognition

Patient

Thank

Caring

Imagination

Collaboration

Moments

Love

Word puzzles strengthen memory and are good for mental health



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