



## Activity 4

# Word Generator

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1      2      3      4      5      6      7      8      9

Free from anxiety, "I put her mind at \_\_\_"

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1    7    3    9

Quiet, Void of any noise

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3    6    5    2    8    9

Make a conscious effort to hear

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5    4    3    9    7    8

Solve the clues and write the answers in the corresponding boxes. The number of each box identifies where the letter occupying that box will be placed in the Word Generator. Once completed, the Word Generator will produce a protective factor necessary for good mental health.

*"The more we do things in the community for our own mental health, the stronger the community becomes."*