



Activity 3

Word Jumble

ctcsateI _____ vigocnite _____

vispoite _____ hotshugt _____

iocmttisip _____ casoileb _____

tootoluk _____ cenptacecn _____

ilef _____ difonccene _____

gnamein _____ mmmtictone _____

Unscramble the letters to reveal words associated with being mentally healthy.

Did you know that volunteering helps keep you mentally healthy?"