



Activity 8

Word Search

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

ART
BELONGING
CHALLENGE
COGNITIVE
COMMUNITY

OPTIMISM
RESILIENCE
THOUGHTFUL
VOLUNTEER
WELLBEING

The words listed above all relate to mental wellbeing. Find these words hidden in the word search and highlight them. Once this is done, the remaining letters will spell the name of a popular campaign dedicated to promoting the mental wellbeing of the Muswellbrook community

Write the campaign name here: _____

“Staying active, mentally, physically or socially are the basic building blocks for mental health.”