

TEACHER WELLNESS WORD SCRAMBLE

Instructions:

Unscramble each word below to reveal a wellness or self-care theme.

Hint: all words connect to calm, renewal, and balance in teaching life.

RIRITZPOEI (making yourself a priority)

AUNAEBEND (a mindset of more than enough)

LSISELTNS (quiet or calm moments)

IYIOCTRSU (gentle curiosity instead of judgment)

ELNSTGEESN (approach situations softly)

NELSNIDFMUS (paying attention on purpose)

IINATLTNNEO (acting with awareness and purpose)

LRINTECFOE (looking back to learn)

SETONRRIG (the process of recovery)

COUEAERNG (lifting others with your words)

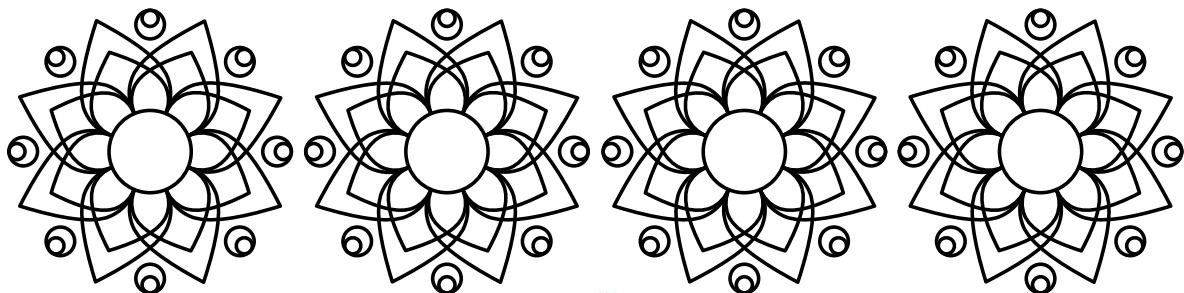
IMTPMIOS (expecting good things)

AEUTRTIDG (focusing on what's going well)

UDNAOBRISE (knowing your limits and protecting them)

NNTTHUIO (inner guidance or "gut feeling")

OGNNDIUGR (returning to the present moment)



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Answer Key

RIRITZPOEI (making yourself a priority)

Prioritize

AUNAEBEND (a mindset of more than enough)

Abundance

LSISELTNS (quiet or calm moments)

Stillness

IYIOCTRSU (gentle curiosity instead of judgment)

Curiosity

ELNSTGEESN (approach situations softly)

Gentleness

NELSNIDFMUS (paying attention on purpose)

Mindfulness

IINATLTNNEO (acting with awareness and purpose)

Intentional

LRINTECFOE (looking back to learn)

Reflection

SETONRRIG (the process of recovery)

Restoring

COUEAERNG (lifting others with your words)

Encourage

IMTPMIOS (expecting good things)

Optimism

AEUTRTIDG (focusing on what's going well)

Gratitude

UDNAOBRISE (knowing your limits and protecting them)

Boundaries

NNTTIUIO (inner guidance or "gut feeling")

Intuition

OGNNDIUGR (returning to the present moment)

Grounding

