

Unscramble the Acts of Self-Care

Kniygaka = _____

giewth liintfg = _____

ialkngt = _____

oyga teraret = _____

ndgaicn = _____

rdagorceneit = _____

rwgtnii = _____

etunra waksl = _____

siiovetp raifinfmtsao = _____

urttirolcheu ehytrpa = _____

aetyrhp = _____

loag tnsetig = _____

gpiatinn = _____

gnderai = _____

gnoig rof a vider = _____

orgswinhe = _____

ioaginrgnz = _____

Unscramble the Acts of Self-Care

bignak = Baking

kniygaka = Kayaking

giewth liintfg = Weightlifting

ialkngt = Talking

oyga teraret = Yoga retreat

ndgaicn = Dancing

rdagorceneit = Redecorating

rwgtnii = Writing

etunra waksl = Nature walks

siiovetp raifinfmtsa = Positive affirmations

urttirolcheu ehytrpa = Horticulture therapy

aetyrhp = Therapy

loag tnsetig = Goal setting

gpiatinn = Painting

gnderai = Reading

gnoig rof a vider = Going for a drive

orgswinhe = Showering

ioaginrgnz = Organizing

bignak = Baking

Answer Sheet