

A good night's sleep

WORDSEARCH



Find the following words in the puzzle. Words are hidden \uparrow \downarrow \rightarrow \leftarrow and \swarrow

BED

BETTER MOOD

BODY CLOCK

CALM

CALM THINKING

CONCENTRATION

DEEP BREATHING

DISTRACTION-FREE

GOOD BOOK

HAPPINESS

MUSIC

PATIENCE

PHYSICAL HEALTH

POWER NAPS

REGULAR EXERCISE

RELAXING

SLEEP-FRIENDLY ZONE

SUPPORT

SWEET DREAMS

WARM MILK



