






## Hack 2 - Mood Boosting

Q Z T E F A T N E M L I F L U F Q D N U F W C  
L F S N H C R N Y T I V I T C A G S C F I G R  
E U S C K T E U P E N J O Y M E N T H P W R E  
A L E O L I W T Q G U H F L E S R F A G C A T  
R F N U O V A O P I S E I B B O H H P N N T R  
N I I R V I R G N I G A R U O C N E P I B I A  
I L P A I T D L L M O O D B O O S T I N G T H  
N M P G N Y E S I C R E X E S X G F N A F U C  
G E A I G C G R A T I T U D E K R V E E U D Y  
S N H N P H E K R G N I N R A E L P S M N E T  
R T S G A A U D N E I R F T S E B O S T X Q I  
W P X H R R Q S K N G A Z A C T I V I T Y X V  
D F N D R T I V W P L O V I N G P A R R O T I  
C O C C O T N E M Y O J N E S E L F T A L K T  
C A K E T M U D N E I R F T S E B D C A K E C  
Y H O B B I E S V W K E S I C R E X E S K G A

Find the following words in the puzzle.  
Words are hidden     and .

ACTIVITY  
ACTIVITY CHART  
BEST-FRIEND  
CAKE  
ENCOURAGING  
ENJOYMENT  
EXERCISE  
FULFILMENT

FUN  
GRATITUDE  
HAPPINESS  
HOBBIES  
LEARNING  
LOVING PARROT  
MEANING  
MOOD BOOSTING

REWARD  
SELF-HUG  
SELF-TALK  
UNIQUE

## SOLUTION

### Hack 2 - Mood Boosting

. . . E . A T N E M L I F L U F . . N U F . .  
L F S N . C R . Y T I V I T C A . . . . . G .  
E U S C . T E . . E N J O Y M E N T H . . R .  
A L E O L I W . . G U H F L E S . . A G . A T  
R F N U O V A . . . S E I B B O H . P N . T R  
N I I R V I R G N I G A R U O C N E P I . I A  
I L P A I T D . . M O O D B O O S T I N G T H  
N M P G N Y E S I C R E X E . . . . N A F U C  
G E A I G C G R A T I T U D E . . . E E U D Y  
. N H N P H E . . G N I N R A E L . S M N E T  
. T . G A A U D N E I R F T S E B . S . . . I  
. . . . R R Q . . . . . A C T I V I T Y . V  
. . . . R T I . . . L O V I N G P A R R O T I  
. . . . O T N E M Y O J N E S E L F T A L K T  
C A K E T . U D N E I R F T S E B . C A K E C  
. H O B B I E S . . . E S I C R E X E . . . A

Word directions and start points are formatted: (Direction, X, Y)

ACTIVITY (E,14,12)  
ACTIVITY CHART (N,23,16)  
BEST-FRIEND (W,17,11)  
CAKE (E,1,15)  
ENCOURAGING (S,4,1)  
ENJOYMENT (E,10,3)  
EXERCISE (W,19,16)  
FULFILMENT (S,2,2)

FUN (W,21,1)  
GRATITUDE (E,7,9)  
HAPPINESS (S,19,3)  
HOBBIES (E,2,16)  
LEARNING (S,1,2)  
LOVING PARROT (S,5,4)  
MEANING (N,20,10)  
MOOD BOOSTING (E,10,7)

REWARD (S,7,2)  
SELF-HUG (W,16,4)  
SELF-TALK (E,15,14)  
UNIQUE (N,7,15)