



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 OPTIMISM
BELONGING RESILIENCE
CHALLENGE THOUGHTFUL
COGNITIVE VOLUNTEER
COMMUNITY 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 Western Australians.

Write the campaign name here: _____

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