

Sport and physical activity Make Time, word search

Being active can make us feel good and can also help us keep fit and healthy. You don't have to run a marathon, or join a gym to be active, even gentle exercise can boost your wellbeing.

The mental wellbeing campaign Make Time, asks us all:

“when was the last time you got up and out?”

Inspire other people to “get up and out” by sharing what you do to stay active. Just post your comment on social media and tag your post with **#maketimewarrington**.

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

How many of the following activities and sports can you find? The words are written forwards, backwards, up, down and diagonally.

BADMINTON
BASKET BALL
BOWLS
CLIMB
CYCLE
DANCE
DIG THE GARDEN
FOOTBALL
FLY A KITE

FRISBEE
HOCKEY
GOLF
HIKE
JOG
MOW THE LAWN
NETBALL
ROUNDERS
RUGBY
RUN

SKATE
SKIP
SPIN
STROLL
SWIM
TENNIS
TRAMPOLINING
WALK
YOGA
ZUMBA

www.happyoksad.org.uk is a mental health site for people who live or work in Warrington. On the site you'll find links to information about looking after your mental wellbeing, as well as details of local and national support services.

Make Time and the Five Ways to Wellbeing

The mental wellbeing campaign Make Time suggests easy, everyday things we can do to boost our mood and feel good about ourselves. To help us improve our wellbeing, the Make Time campaign asks us to think about and act on the five questions below:

- When was the last time you laughed until you cried?
- When was the last time you got up and out?
- When was the last time you noticed things around you?
- When was the last time you tried something new?
- When was the last time you made someone smile?

Make Time is based on the Five Ways to Wellbeing. Research has shown that people who regularly include the Five Ways to Wellbeing in their daily lives are more likely to feel positive. The Five Ways to Wellbeing are:

- **Connect:** spend time with the people who are important to you.
- **Be active:** at a level that suits your mobility and fitness.
- **Take notice:** be more aware of the world around you. Be curious.
- **Keep learning:** try something new or different, start a new hobby.
- **Give:** do something thoughtful for someone else, or volunteer your time

You can read more about the Make Time campaign and the Five Ways to Wellbeing on www.make-time.org.

There are three different Make Time word searches:

- Connections
- Sport and physical activity
- Take notice

Each word search reflects one of the Make Time questions, above.