

Zelly's Wishful Word Search

Solve the following puzzle by finding all the hidden words in the list below!

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

Word List

KNIGHT
RAINBOW
CASTLE
YAWNED

STRETCHED
ZELLY
PATIENCE
CROWN

JEALOUS
APPRECIATE
THRONE
SPOTLIGHT

FEASTED
SHIMMERED
ENVY

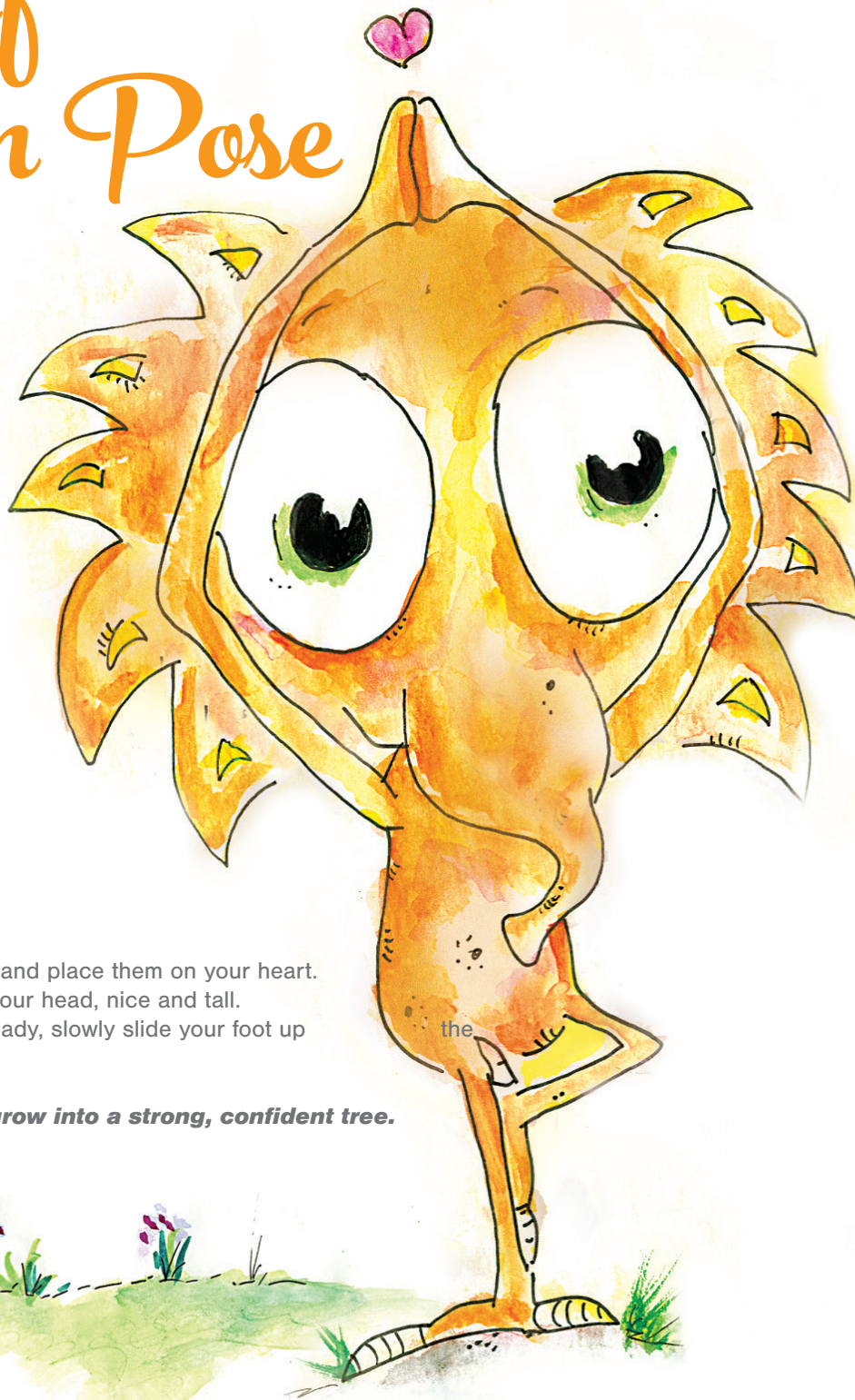
Gratitude Scavenger Hunt

Look around the space you are in. See how many things you can find that are in the list below. As you find them, write them or draw them in the circles on the next page.

Something I am grateful for that....

1. is my favorite color.
2. I feel lucky to have.
3. is beautiful.
4. is useful to me.
5. I can share with someone else.
6. is cuddly.
7. makes me smile.
8. helps me feel calm.
9. helps me grow.
10. helps me learn.

Zelly's Tree of Calm Pose



Tree Pose

1. Put both hands together and place them on your heart.
2. Stretch your arms over your head, nice and tall.
3. When you are feeling steady, slowly slide your foot up inside of the standing leg.

Feel the stretch as you grow into a strong, confident tree.