

Personal Choices and Well-Being Word Search

In Grade 10 Career and Life Management, you explore how personal choices shape your well-being. This unit asks you to examine the dimensions of health, understand the determinants that influence your lifestyle, and recognize the holistic nature of well-being. You will evaluate choices that create barriers to health, assess the effects of substance use, and develop strategies for managing conflict and stress. You will also identify the resources and support systems available to you. This word search reinforces key vocabulary from that learning ([Outcome](#), [Outcome](#), [Outcome](#)).

How to play

- Find each word in the grid. Words may run horizontally (left to right or right to left), vertically (top to bottom or bottom to top), or diagonally (in any direction).
- Circle or highlight each word as you locate it.
- Use the word list to keep track of which words you have found.

Words to find

- CONFLICT
- DETERMINANTS
- DIMENSIONS
- HOLISTIC
- RESILIENCE
- RESOURCES
- SUBSTANCE
- WELLBEING

Puzzle grid

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

Answer key

- **CONFLICT**: row 11, column 5, across
- **DETERMINANTS**: row 1, column 2, diagonal
- **DIMENSIONS**: row 1, column 8, down
- **HOLISTIC**: row 3, column 2, down
- **RESILIENCE**: row 7, column 5, across
- **RESOURCES**: row 5, column 5, diagonal
- **SUBSTANCE**: row 1, column 12, down
- **WELLBEING**: row 2, column 2, across