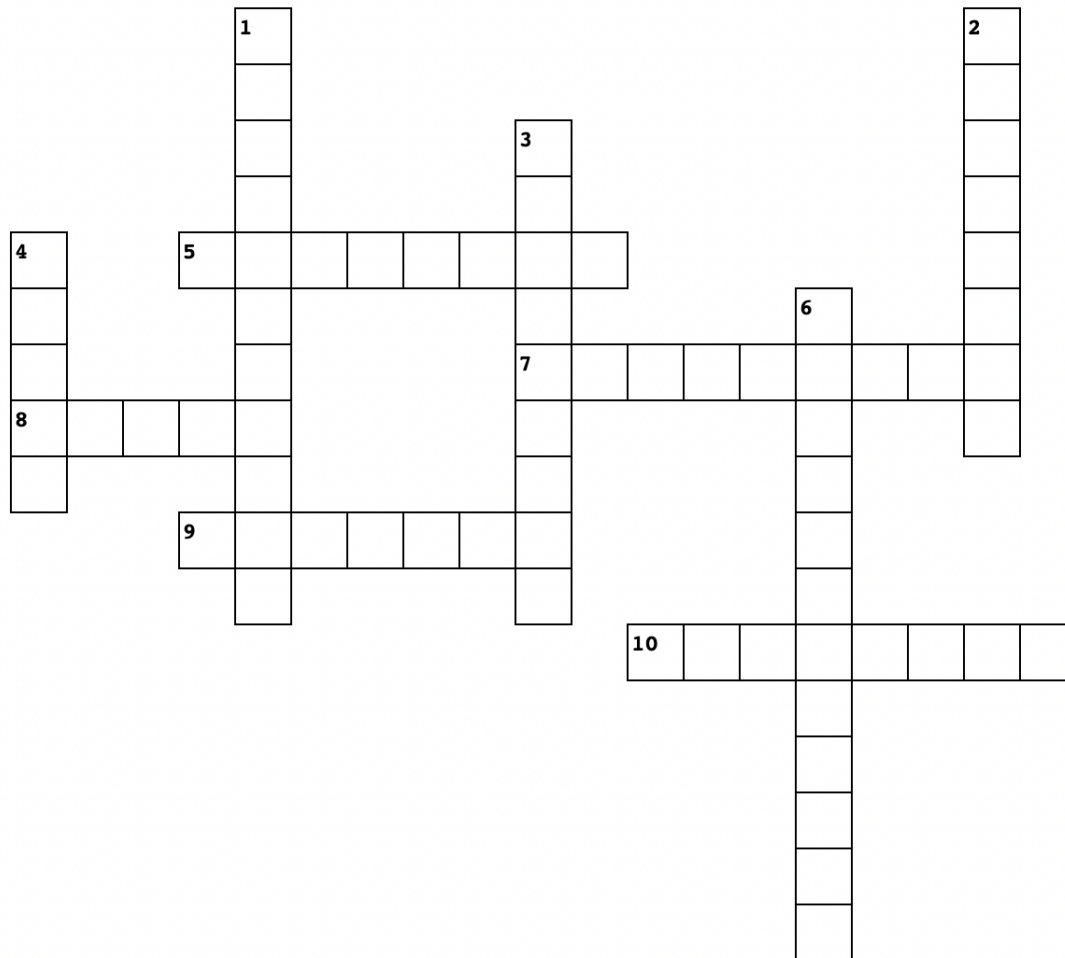


INTELLECTUAL WELLNESS CROSSWORD PUZZLE



Improving Intellectual Wellness



Across

5. Work to become a _____ thinker.
7. By active _____, you can fully comprehend and take in information when in a conversation.
8. Improve your intellectual wellness by playing a _____ game.
9. A great way to increase your knowledge and address intellectual wellness is _____.
10. Discover something new by participating in _____.

Down

1. One goal of intellectual wellness is to strive to be open to new _____ and ideas in all areas of your life.
2. Increase your global knowledge by learning a new _____.
3. Ability to _____ yourself in trying new skills.
4. Build your skill set by starting a new _____.
6. The type of wellness that involves creatively, curiously, and critically thinking and seeking new challenges.

udel.edu/4-h



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