
Winter blues

Finish the sentences 

Use the words in the box to finish the sentences.

go	stick	ask
keep	do	give

1. _____ outside during the day.
2. _____ your curtains open and spend as much time as you can near the windows.
3. _____ for a walk.
4. _____ to a gym or work out at home.
5. _____ to your regular sleep schedule.
6. _____ not sleep too much.
7. _____ yourself how you are doing.
8. _____ yourself a pat on the back!

Winter blues

What's the word? 

Unscramble the letters and write the words on the lines.

1. soniwwd


2. asuticrn

3. eselp

4. cesldehu

5. tehlha

6. eitwrn

What can you do? 

Think of ways you can help yourself feel better in the winter. Write them on the lines below.

Winter blues

Answers

Finish the sentences

Go, Keep, Go, Go, Stick, Do, Ask, Give

What's the word?

windows, curtains, sleep, schedule, health, winter