

# The Act-Belong-Commit Mystery Word!

**Instructions:**  
Using the clues listed below, fill in the boxes with the correct answer. The letters before each clue corresponds with the answer row. Once all the answer rows are completed, fill in the mystery word by writing in the letter assigned to each number.

## The Mystery Word!

|   |   |    |    |    |    |    |    |    |
|---|---|----|----|----|----|----|----|----|
| 6 | 8 | 18 | 24 | 34 | 39 | 48 | 58 | 59 |
|---|---|----|----|----|----|----|----|----|

|    |    |    |    |     |    |    |    |  |  |    |
|----|----|----|----|-----|----|----|----|--|--|----|
| A) | 1  | 2  | 3  | 4   | 5  | 6  | 7  |  |  |    |
| B) | 8  | 9  | 10 | 11  | 12 | 13 | 15 |  |  | 15 |
| C) | 16 | 17 | 18 | 131 | 20 | 21 | 22 |  |  |    |
| D) | 23 | 24 | 25 | 26  | 27 | 28 | 29 |  |  | 30 |
| E) | 31 | 32 | 33 | 34  | 35 | 36 |    |  |  |    |
| F) | 37 | 38 | 39 | 40  | 41 | 42 |    |  |  |    |
| G) | 43 | 44 | 45 | 46  | 47 | 48 | 49 |  |  | 50 |
| H) | 52 | 53 | 54 | 55  | 56 | 57 | 58 |  |  |    |
| I) | 59 | 60 | 61 | 62  | 63 |    |    |  |  |    |

- A) Mentally \_\_\_\_\_ WA. (1-7)
- B) Physical \_\_\_\_\_ keeps you fit. (8-15)
- C) Offer a shoulder to lean on. (16-22)
- D) The tendency to look on the positive side of life. (23-30)
- E) Parents and children as a group. (31-36)
- F) Socialising is good for your \_\_\_\_\_ health. (37-42)
- G) Having an abundance of energy; an \_\_\_\_\_ leader. (43-51)
- H) People you care about but are not related to. (52-58)
- I) An expression with the mouth performed when happy. (59-63)

# Facilitation Notes

## What to do with this Mystery Word?

- Photocopy the Mystery Word activity and distribute to students to complete.



## Tips...

- The words in this activity are some ways people can Act-Belong-Commit to stay mentally healthy.
- **Act** - Stay physically, socially and mentally active. Plant a tree or go for a walk.
- **Belong** - Belonging to a club or a team has great benefits for mental health. Join a netball or football team, start a book club or join a band.
- **Commit** - Put a little more effort in the things you do. Volunteer for a good cause or help someone less fortunate.

### Answers:

A) Healthy. B) Activity. C) Support. D) Optimism. E) Family. F) Mental. G) Energetic. H) Friends. I) Smile.  
Mystery Word: Happiness

[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)