



PACK IT LIGHT. WEAR IT RIGHT.

Activity Sheet

Give your back a break. Lighten up your backpack by packing smart!

Find the hidden words to help you remember to Pack it Light. Wear it Right!

- ☐ BACK
- ☐ BACKPACK
- ☐ BOOKS
- ☐ CHILDREN
- ☐ CHIROPRACTOR
- ☐ HEALTHY
- ☐ HEAVY
- ☐ MUSCLES
- ☐ NECK
- ☐ PAIN
- ☐ POSTURE
- ☐ PREVENTION
- ☐ SCHOOL
- ☐ SHOULDER
- ☐ SPINE
- ☐ STRAPS
- ☐ STUDENT
- ☐ WEIGHT

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



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Colouring Sheet

