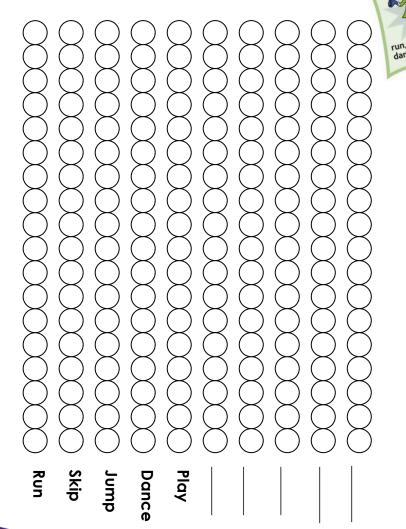
#### I can be active.

#### I can run, skip, jump, dance and play.

try to be more active

Colour a dot each time you do an activity. Use a different colour each day.



Name:	



### My activity booklet

I can play games.



Name and draw your favourite four games.

#### I can be active every day.

# **Keep an activity diary for three days.** Write the day and an activity for the morning, afternoon and evening.



Day	Morning	Afternoon	Evening
$\overline{}$			$\nearrow$

Activity ideas cloud
gardening park activities
skipping walking
horse riding ball games
chasing bike ride
Cosmic Kids yoga
dancing

#### I enjoy being active.

## Show how much you enjoy these activities by colouring the boxes.



1 = not much 5 = loads

	Running	Skipping	Jumping	Dancing	Playing
1					
2					
3					
4					
5					

Try some new activities. Colour the boxes to show how much you enjoy them.

5			
4			
3			
2			
1			