

I can be active.

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

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



A grid of 10 columns and 20 rows of circles for dot coloring.

Run
Skip
Jump
Dance
Play

Name: _____

My activity booklet



I can play games.

Name and draw your favourite four games.



A large grid with 2 columns and 4 rows for drawing 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

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

5					
4					
3					
2					
1					
	Running	Skipping	Jumping	Dancing	Playing

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

5					
4					
3					
2					
1					