



Monday



Tuesday

Day

Date

Activity

Time

Feelings

On Monday 8th June

I played football in my garden with my dad for 20 minutes. I felt happy because I scored 5 goals!

On Tuesday 9th June

I went for a jog around the school with my mum for 20 minutes. I felt tired because it was hot.



Wednesday



Thursday



Friday

On Wednesday 10th June

I did some Joe Wicks exercises in my living room with my sister for 15 minutes. I felt energised because it was fun.

On Thursday 11th June

I practised my ballet positions in my bedroom alone for half an hour. I felt relaxed and flexible

On Friday 12th June

I did tried badminton for 10 minutes with my brother. I felt pleased because I'd never tried it before.