


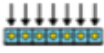


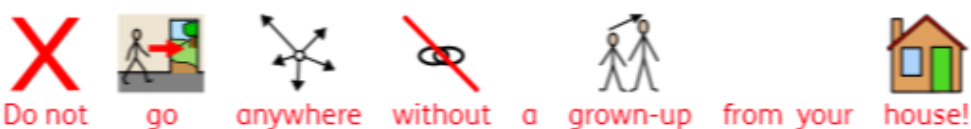
## Me in the World Activities






1.   
Get Active!

 Do  30 minutes of  exercise  every day

While we are at home, it is still important to stay active so that we can keep fit and healthy!

Here are some ideas of activities you could do:



2.  Complete  your  'All About  Me  Rainbow'








 You  need  to choose  7  adjectives  to describe  how  you  are awesome

Then colour in  your  rainbow

3.

 Can  you create  your  family tree?

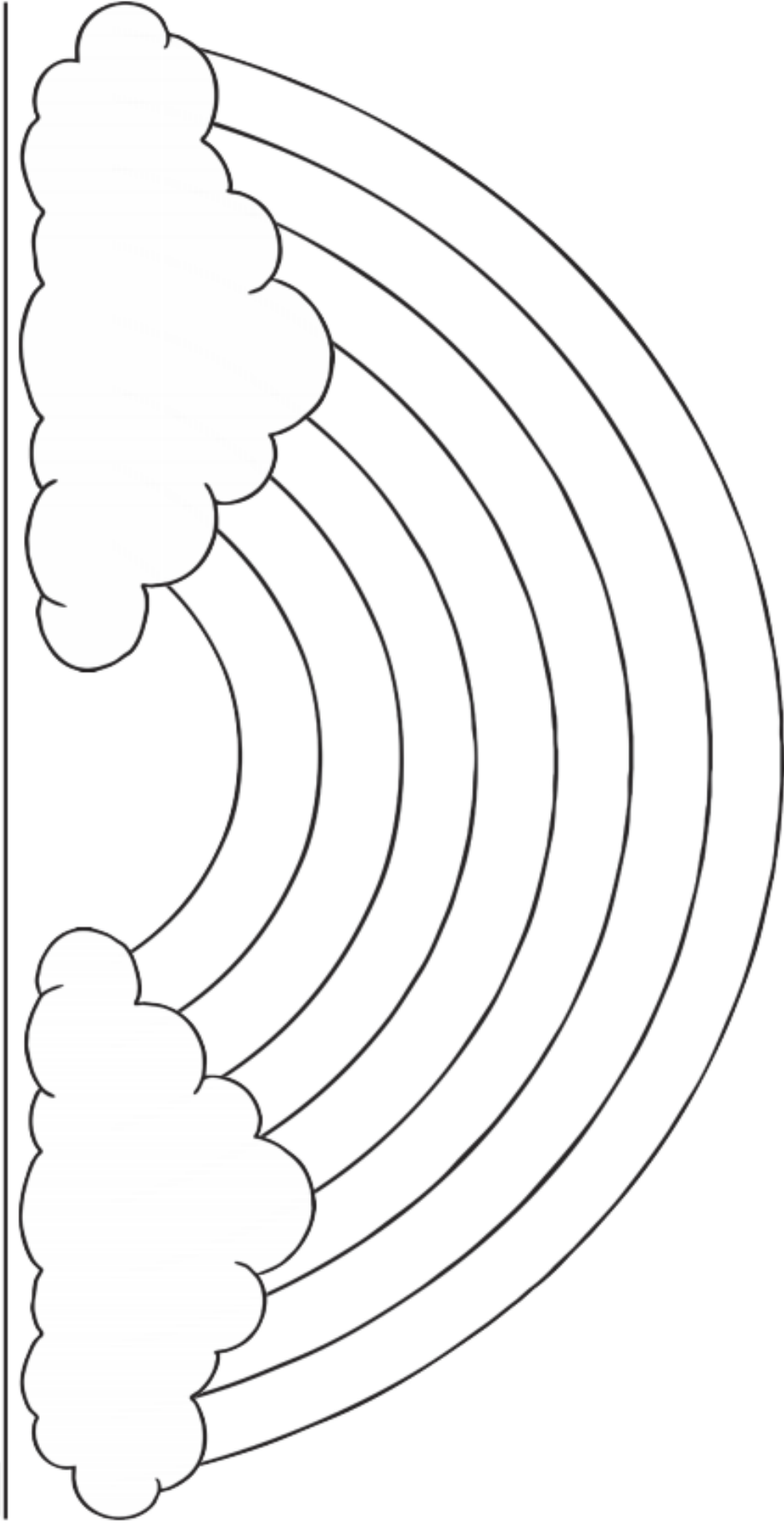
 Ask  your  mum  or your  dad  about  your  family tree

 Use  the  template  below  or  try  and  draw  your own

 Remember,  you and  any  of your  brothers and sisters  will  be  at the bottom  of your  family tree

# All about Me Rainbow

Write an adjective to describe yourself in each part of the rainbow.  
Then, colour them in to show your colourful personality.



# My Family Tree

