


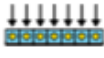


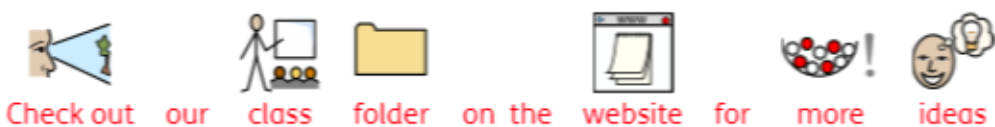
Me in the World Activities

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.

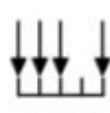


Watch



Newsround

on as



many



days

as



you can!



Try

and



remember

some of the



facts

you



hear.



Talk to

a



grown-up



about

the



facts

you have



learned.



Write

them down to



help

you



remember

and to



practice

your



writing.