


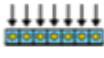


Me in the World Activities

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.



Share

some



kindness!



Being



kind

to



others

is a



great

way to keep



our



minds



happy

and



healthy!



Write

a



letter

or



draw



a picture

for

1

one of your



friends

from



our



class?

If you send them to



me,



I

will



send

them to your



friend!