


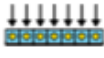


Me in the World Activities

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!

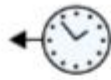
Here are some ideas of activities you could do:



2.



Tell me how you have been keeping healthy



5



Write a list of 5 healthy activities that you do



Think about the food you eat and the exercise you do



Draw me some pictures to match your sentences



CHALLENGE



Can you write a list of 3 unhealthy things that some people might do?



Again, draw me pictures to match