


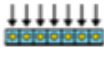


## Me in the World Activities







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.        
Have a think about what makes you really happy.





      
What activities do you enjoy doing?








        
How do you feel when you do these activities?

**I really enjoy cycling. It makes me feel strong and full of energy!**

3.

          
Ask a grown-up to help take photographs of you doing the activities you like.

     
Write a sentence about what you are doing in the photograph.

        
Can you write another sentence about how you were feeling in the photograph?