


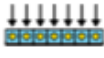


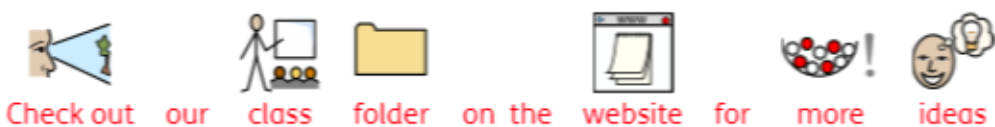
Me in the World Activities

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!

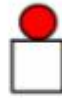
Here are some ideas of activities you could do:



2.



The Very ANGRY Caterpillar



Watch 'The Very Angry Caterpillar' on youtube.

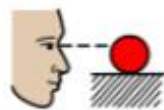
[youtube.com/watch?v=c5w_mBtyZMO](https://www.youtube.com/watch?v=c5w_mBtyZMO)



When you are cross, how do you make yourself happy again?



What makes you smile?



I find that watching the rain is very calming for me