

MY WAYS TO WELLBEING

GET MOVING

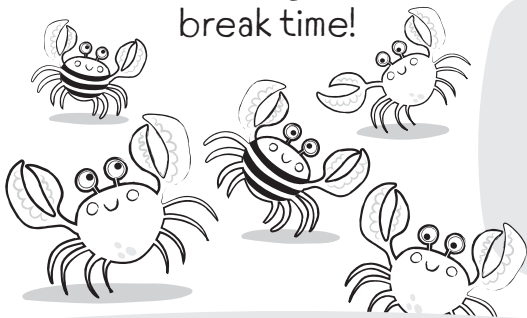
Moving makes you feel good! It's even better if you do it outside... but the most important thing is that you do an activity you ENJOY!



MY FAVOURITE WAY TO GET MOVING IS...

Put your favourite song on and dance!

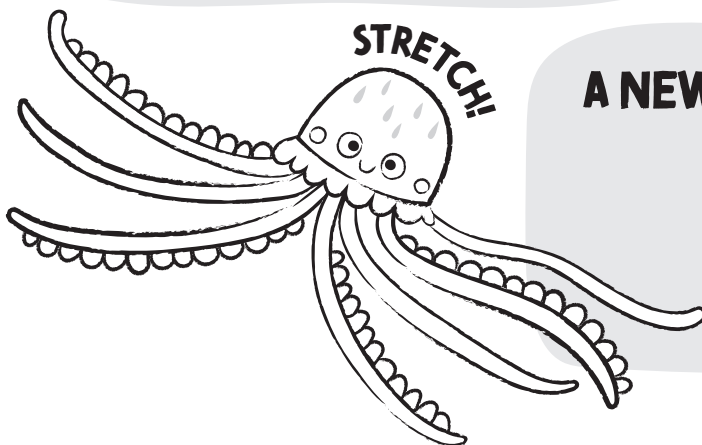
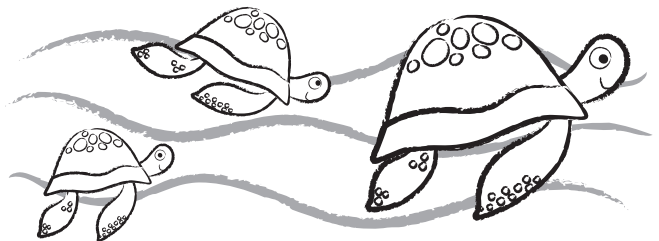
Play tag at break time!



MY FAVOURITE THING ABOUT IT IS...

MY FAVOURITE PLACE TO GET MOVING IS...

Go for a sea swim (with a grown up!)



A NEW ACTIVITY I'D LIKE TO TRY IS...