

I can be active every day.

Keep an activity diary for three days.

Write the day and an activity for the morning, afternoon and evening.



Day	Morning	Afternoon	Evening

Activity ideas cloud

swimming tennis ballet skating

shopping gardening park activities

horse riding catch chase bike ride

I enjoy being active.

Show how much you enjoy these activities by colouring the boxes.

1 = not much 5 = loads



5					
4					
3					
2					
1					
	Running	Skipping	Jumping	Dancing	Playing

Try some new activities. Colour the boxes to show how much you enjoy them.

5					
4					
3					
2					
1					