

Can your body do these things?

Adapted from: <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids>

SWIM RIDE A BIKE BALANCE RUN WALK DANCE CLIMB
KICK LIFT SKIP THROW PLAY RIDE A SKATEBOARD
CHASE HANG TWIRL



NETBALL



Moving your body is good for you

MOVE and PLAY to
Feel

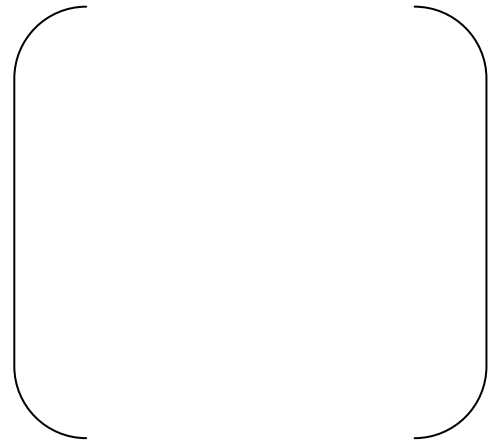
- ☀ Fit
- ☀ Happy
- ☀ Strong
- ☀ Healthy
- ☀ Energetic [like you want to do more exercise]



So exercise every day
In school time and when at
play.
Exercise and eat well too,
Then you'll grow a healthy
you!
BH

MOVING and PLAYING can stop you feeling

- Bored
- Lazy
- Tired
- Angry
- Lonely



MOVING and PLAYING can help you to

- ☑ Sleep well
- ☑ Make friends
- ☑ Look good
- ☑ Feel good
- ☑ Get rid of bad feelings



Draw some pictures of how
I like to move my body?

