

Active

My name is _____

Ask Mum, Dad or a Carer to help you with this chart & at the end of the week you can give yourself a GREAT BIG TICK!



Here's some activities you can do each day this week to keep active, healthy and strong! You may need help from an adult for some of them. Ask an adult to write down how you are active each day! P.S. Don't forget to eat your vegetables too!

Did you... Play at the park? Take the dog for a walk? Dance? Jump? Run Around? Climb? Stretch? Play Ball?

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

Congratulations!
You have finished your Active activities! High Five!



Ask Mum or Dad to download your special I AM ACTIVE certificate from www.littlerockersradio.com.au/hippo-blue-uniquely-you/

