

Keeping active and healthy

Keeping active is very important. Try to get outside as much as possible and vary what you do so that you don't get bored easily. How imaginative can you be? For every day that you are active for 20 minutes or more, you can colour in one of the pictures. The rest of the boxes have been left blank for you to draw and colour yourself keeping active. **YOU CAN DO IT.**

4 or more active days each week = 3 raffle tickets.

2- 3 active days per week = 1 raffle ticket.

			

