

# LET'S MOVE!



RUN

WALK



Moving our bodies and exercising releases endorphins, a happiness hormone that makes us feel good.

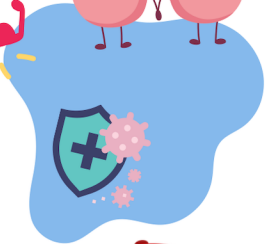
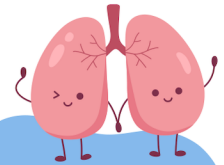
PLAY



JUMP

RUN

Exercise helps to keep our heart healthy and boosts our immune system!



PLAY



JUMP

Team sports help us keep fit and spend time with friends at the same time.



SWIM

SWIM



PLAY



STRETCH

Moving our bodies is fun!



WALK

Sports can improve our self esteem and develop resilience. Improving skills and performance helps us feel positive about ourselves.



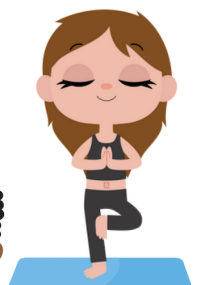
SKIP



STRETCH



PLAY



Moving can be gentle and relaxing too, which reduces feelings of stress and worry!



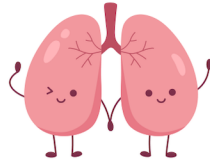
WALK

# LET'S MOVE!

Run on the spot as fast as you can. Now pay attention to your body. What do you notice?



My heart beats faster.



I breath faster.



I feel thirsty.



I feel tired or floppy.



I can think more clearly or feel positive.



I feel warmer.

How do you like to move your body?  
Colour your favourite or draw in the box below.

