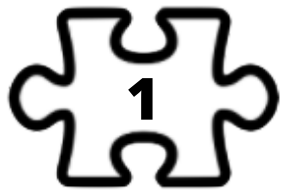


ONE PIECE AT A TIME

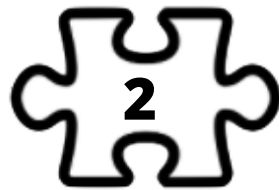
- Colour in the three puzzle pieces below using a different colour for each.
- Every day choose an activity from each box or one of your own. We also have lots of ideas in the Active Families area of Get Set 4 PE.
- Once you have completed an activity, colour in one piece with the same number and colour on your smiley face puzzle.

Can you complete your puzzle?



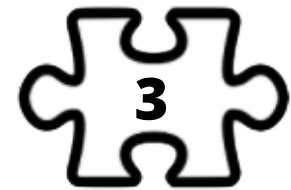
PHYSICAL

- Play a Get Set 4 PE Active Family Game ★
- Learn a new skill
- Go for a walk
- Make a den
- Ride a bike
- Dance
- Skip



GIVING BACK

- Ask someone how their day was
- Do something for someone else
- Write a letter to a friend
- Play with a sibling
- Call a relative
- Tidy up



SELF-CARE

- Learn something new
- Mindful breathing
- Draw or colour
- Listen to music
- Read a book
- Play a game
- Cook

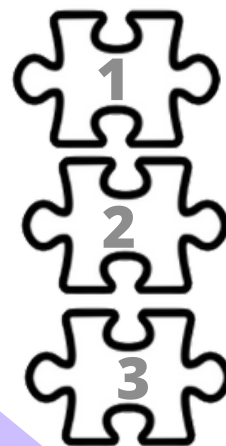


★ Visit www.getset4education.co.uk to find the 'Active Family' games.

We would love to see your journey.

Tweet us so that we can share in your smiles: @GetSet4Ed

ONE PIECE AT A TIME



PHYSICAL

GIVING BACK

SELF-CARE



Life is a giant puzzle.
Every day we need
to piece together all of
the things that help to
make us smile.



Get Set 4
Education

Share your journey with us: @GetSet4Ed

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