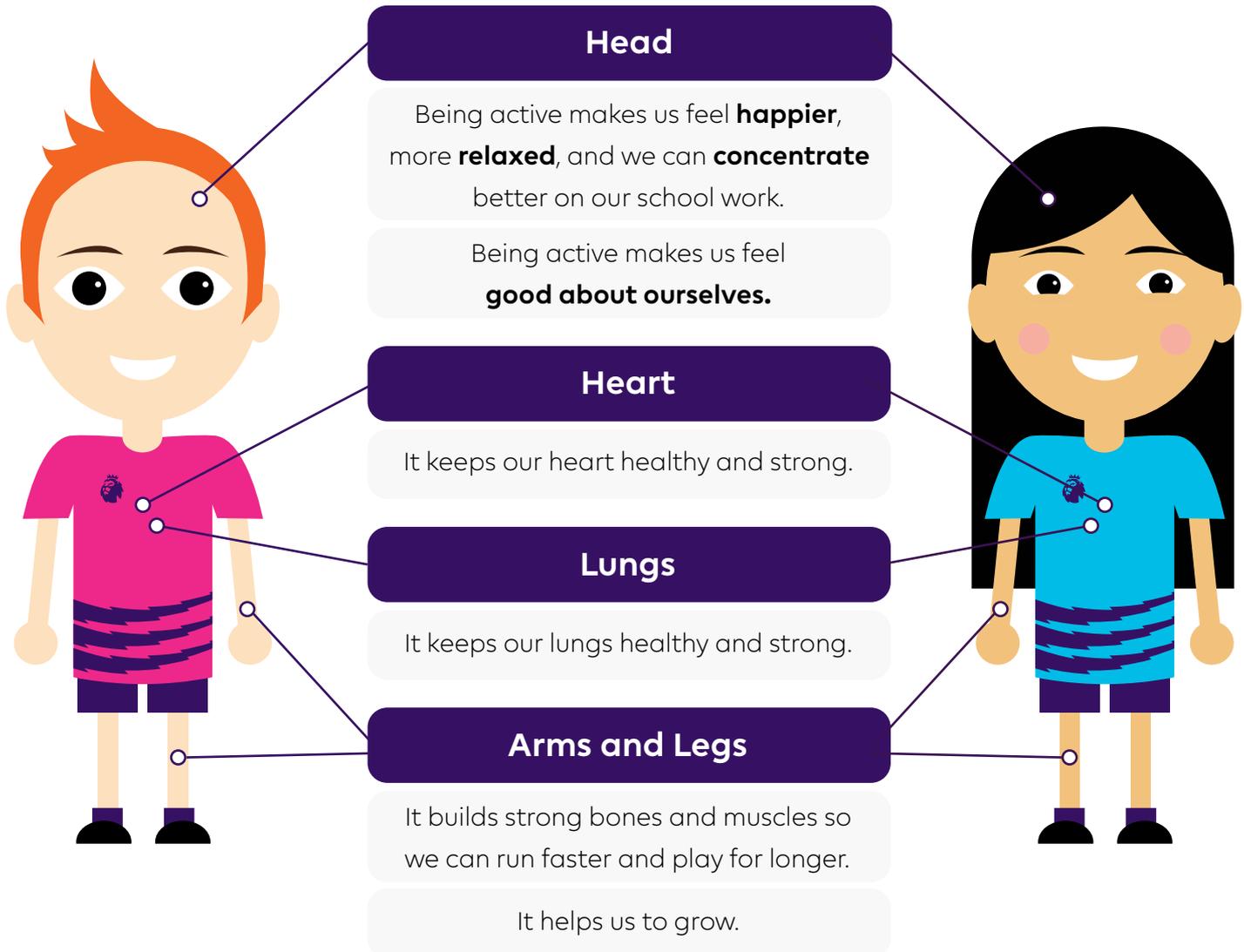


## Activity sheet

# Why should we be moving more?

Look at the diagram below to learn how exercise is good for our body and our mental wellbeing.



**See if you can include some more movement in your daily routine - even a small change could be really helpful for your mind and body.**

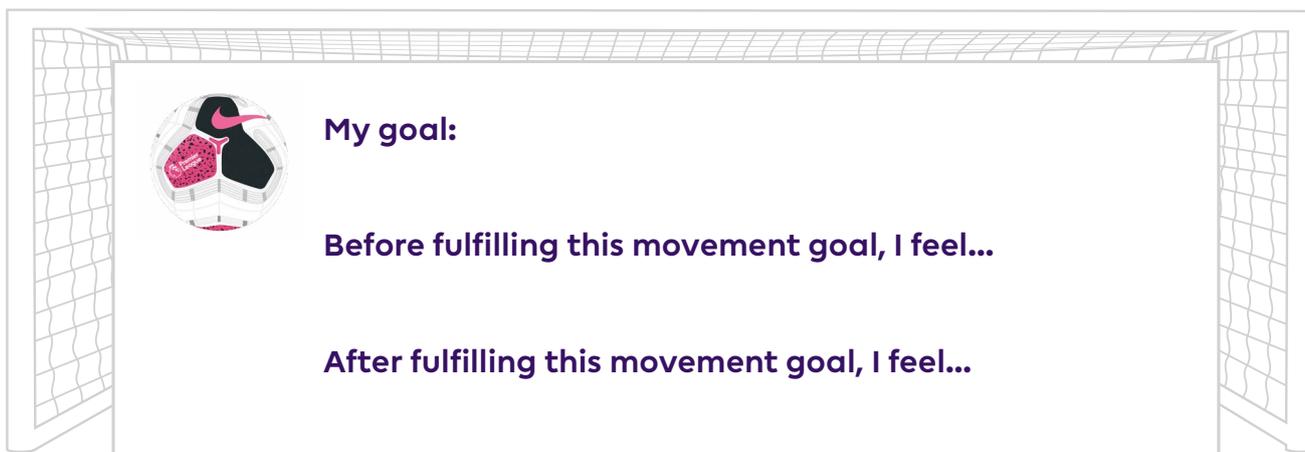
Why not walk to the park instead of taking the car, do some jumping jacks to start off your morning or complete a fun **Super Movers dance routine** every day. There are lots of ideas on the **Super Movers website** for incorporating physical activity into your learning of English, Maths, Science and Languages, so check it out.

## Activity sheet

# Why should we be moving more?

Use the template below to write down 3 movement goals for the week ahead.

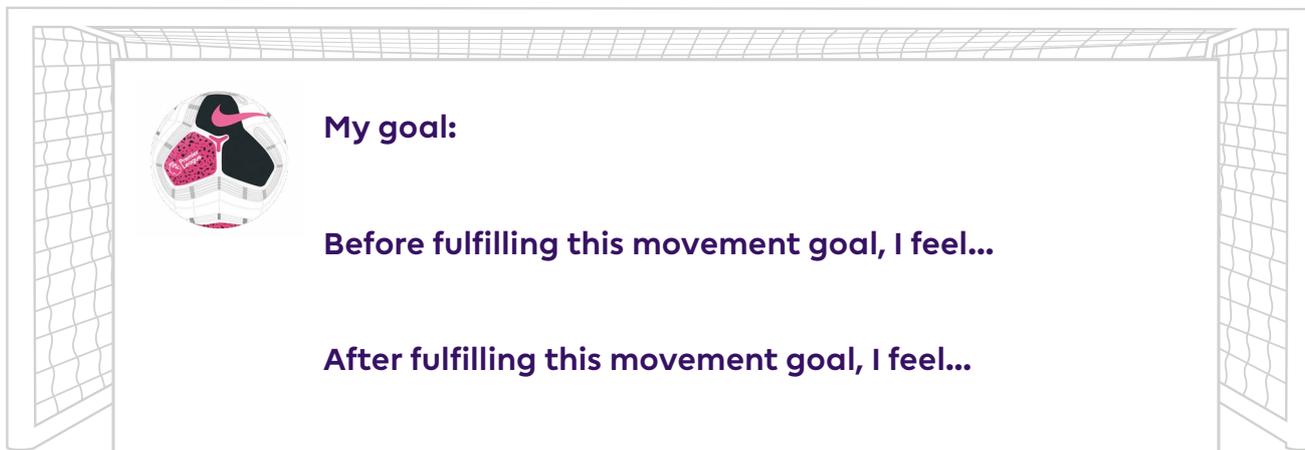
Write down how you feel before and after and see if your mood changes.  
Use the Emotional check-in poster to help you with this.



 **My goal:**

**Before fulfilling this movement goal, I feel...**

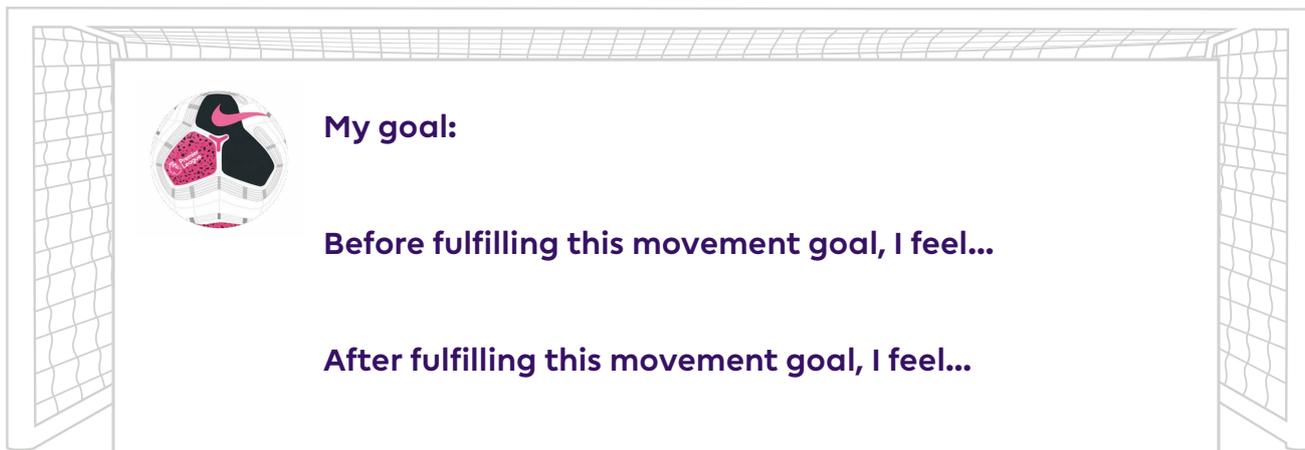
**After fulfilling this movement goal, I feel...**



 **My goal:**

**Before fulfilling this movement goal, I feel...**

**After fulfilling this movement goal, I feel...**



 **My goal:**

**Before fulfilling this movement goal, I feel...**

**After fulfilling this movement goal, I feel...**