

Let's move

During the day, our bodies are moving all the time, when you're playing, walking up the stairs, chasing your friends, or tidying up.

On the mind map add all the different actions you might do in a day or across the week.

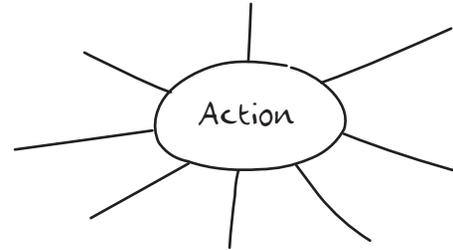
How could these actions, movements and tasks be more fun? Could you use slides, wheels or ropes? Could you completely rethink how you navigate your way around the house or take part in daily tasks? Write down your ideas in the box.



Choose one of your ideas and think about how you could make this idea environmentally friendly. This could be the through the type of material it is made from, how it is powered, or whether it has multiple uses.

Draw and label your idea in the box.

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A large empty yellow-bordered box for drawing and labeling an idea.