

One Piece At A Time

- Colour in the three puzzle pieces below using a different colour for each.
- Everyday choose a different activity from each box (or one of your own)
- Once you have completed an activity, colour in one piece with the same number and colour on your smiley face puzzle.



PHYSICAL

- Go for a walk
- Go for a run
- Dance to my favourite song
- Skip
- Play football
- Play bat and ball
- Do some hopscotch
- Ride my bike
- Bounce on a trampoline
- Do some (cosmic) yoga
- Boogie Beebies or Joe Wicks



GIVING BACK

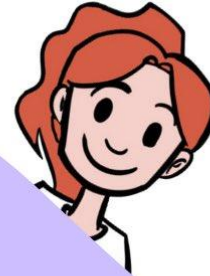
- Make my bed
- Tidy my toys
- Lay the table
- Make a card for my mum or dad, gran or grandad
- Clear the table
- Ask somebody how their day was
- Help someone else
- Chat on the phone to a relative
- Play a game with my brother or sister, mum or dad



SELF-CARE

- Happy breathing
- Learn to do something new
- Listen to music
- Play a game
- Cook or bake
- Read a book or share a story
- Play a board game
- Colouring
- Drawing
- Build a model

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 P.E.

Share your journey with us: @getset4pe