

Let's Get Physical!

Illustrate the facts below to create a poster which shows how physical activity helps our minds to be healthy.

Physical activity helps you stay feeling good and happy on the inside.

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Illustrate the facts below to create a poster which shows how physical activity helps our minds to be healthy.

Physical activity helps you feel happier when you are feeling sad or low.

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Illustrate the facts below to create a poster which shows how physical activity helps our minds to be healthy.

Physical activity improves how you feel about yourself.

Let's Get Physical!

Illustrate the facts below to create a poster which shows how physical activity helps our minds to be healthy.

Physical activity helps your mind to be ready to learn.