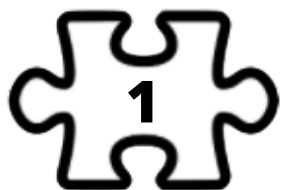


ONE PIECE AT A TIME

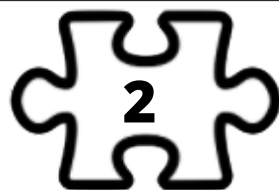
- Colour in the three puzzle pieces below using a different colour for each.
- Every day choose an activity from each box or one of your own. We will also be tweeting an idea each day.
- Once you have completed an activity, colour in one piece with the same number and colour on your smiley face puzzle.

Can you complete your puzzle by the 28th February?



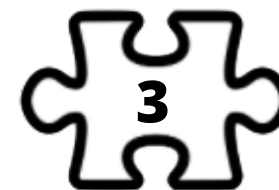
PHYSICAL

- 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

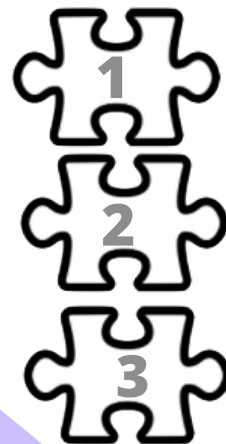


★ Visit www.getset4pe.co.uk to find the 'Active Family' games.

We would love to see your journey.

Tweet us so that we can share in your smiles: @getset4pe

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