

Wellbeing homework challenge

Moving your body through being active each day is good for your body, but it is also good for your mind because it helps you to feel happy and confident.

- Walk to school as often as you can.



- Go for a walk or bike ride once a week as a family.

- Run, jog, skip, jump around your garden 10 times a day.



- Be active with equipment you have at home - balls, trampoline, scooter or skipping rope.
- Walk somewhere rather than travel by car.

