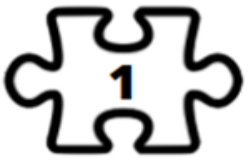


One Piece At A Time Challenge

- Each time you complete a physical activity colour one of the number 1 puzzle pieces.
- Each time you complete a giving back activity colour one of the number 2 puzzle pieces.
- Each time you complete a self-care activity colour one of the number 3 puzzle pieces.


When you have completed the puzzle upload to Seesaw to show your teacher!





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



★ To find Active Family Games click the link and scroll down.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

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. ”



Share your journey with us: @getset4pe