

MOVEMENT TELLER

FOLD ME!

Did you know that our body feels good when it gets to move around every day? Also, physical activity makes us happier. And it's even more fun if we move around together.

How to fold a paper fortune teller: Place the paper with the white side up. Fold the corners towards the centre of the paper. Turn the paper and fold all the corners again. Fold the paper in half and insert a finger into each flap and press.

HAVE FUN!



Illustrations: Emma Gehner



Make a funny face

Build an obstacle course

Balance on a string or a plank

Jump like a frog ten times

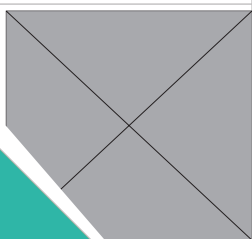


Stand on one leg and count to 5

Dance

Practise doing a somersault

Slither like a snake



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PUT ME ON THE FRIDGE DOOR

FRUIT & VEGETABLE BINGO



Paint your tummy with foods. Every time you eat, there should be vegetables, fruits, or berries on your plate. Green is good. But have you noticed that vegetables are not always green? Your body likes it when foods have different

 Beans	 Tomato	 Garlic	 Orange	 Watermelon
 Sweet pepper	 Peas	 Apple	 Carrot	 White cabbage
 Pear	 Blueberries	 Avocado	 Lemon	 Leek
 Corn	 Strawberries	 Broccoli	 Cucumber	 Lentils
 Zucchini	 Cauliflower	 Spinach	 Raspberries	 Banana

BINGO!



colours.

Mark the fruits and vegetables you eat in day. Leave the bingo card on the fridge door for easy marking. Five in a row means Bingo! What will be your family's Bingo Prize?

Good luck!

