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?

1

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

2

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

3

SELF-CARE

- Learn something new
- Mindful breathing
- Draw or colour
- Listen to music
- Read a book
- Play a game
- Cook

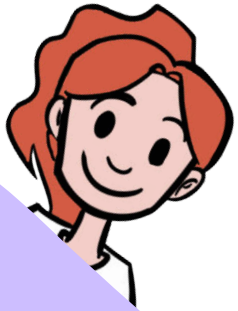


★ Visit www.getset4pe.co.uk to find the 'Active Family' games.

We would love to see your journey.
Tweet us so that we can share in your smiles: @getset4pe

ONE PIECE AT A TIME





1 PHYSICAL

2 GIVING BACK

3 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