

MY ACTIVE CIRCLE

うんどうのわ | Undō no wa

In each circle, draw or stick a photo of a person who can help you to move more and write their name on the line.

My name

inspires me to be my best.

helps me when I get stuck.

has been active with me before.

I enjoy spending time with...

helps me to try new things.

Circle the icons and words to show how you feel about being active at the moment.

How I get active at the moment:



Ball Games



In the Water



Move & Dance



On Wheels



Martial Arts



Play



Walk & Run



Adventure

How much I enjoy being active at the moment:



Where I get active at the moment:

Indoors

Outdoors

At home

At school