

## MY ACTIVE CIRCLE





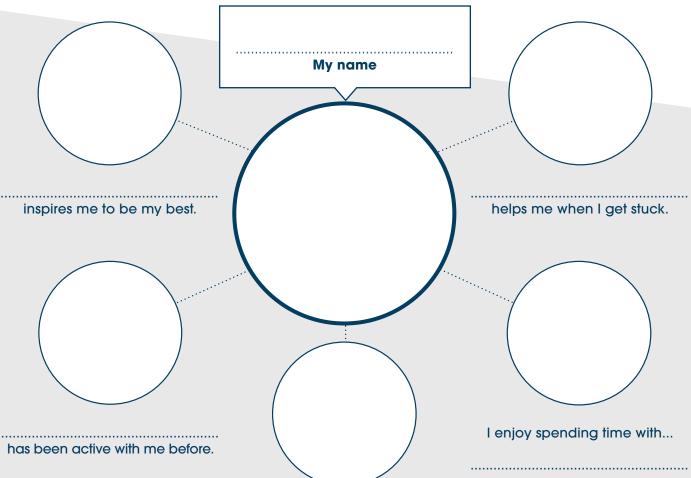
## うんどうのわ | Undō no wa







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.



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:















How much I enjoy being active at the moment:



**Ball Games** 

In the Water

Move & Dance

On Wheels













Adventure

Where I get active at the moment:

Indoors Outdoors

At home At school

Martial Arts

Play

Walk & Run



