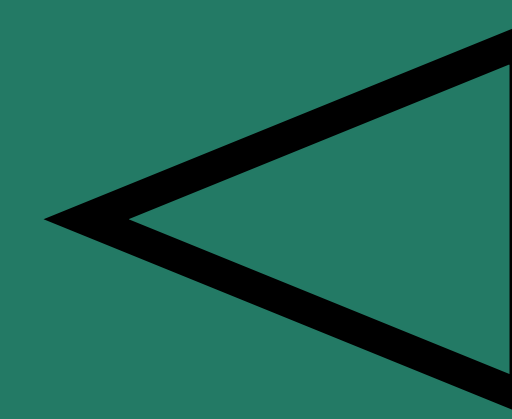
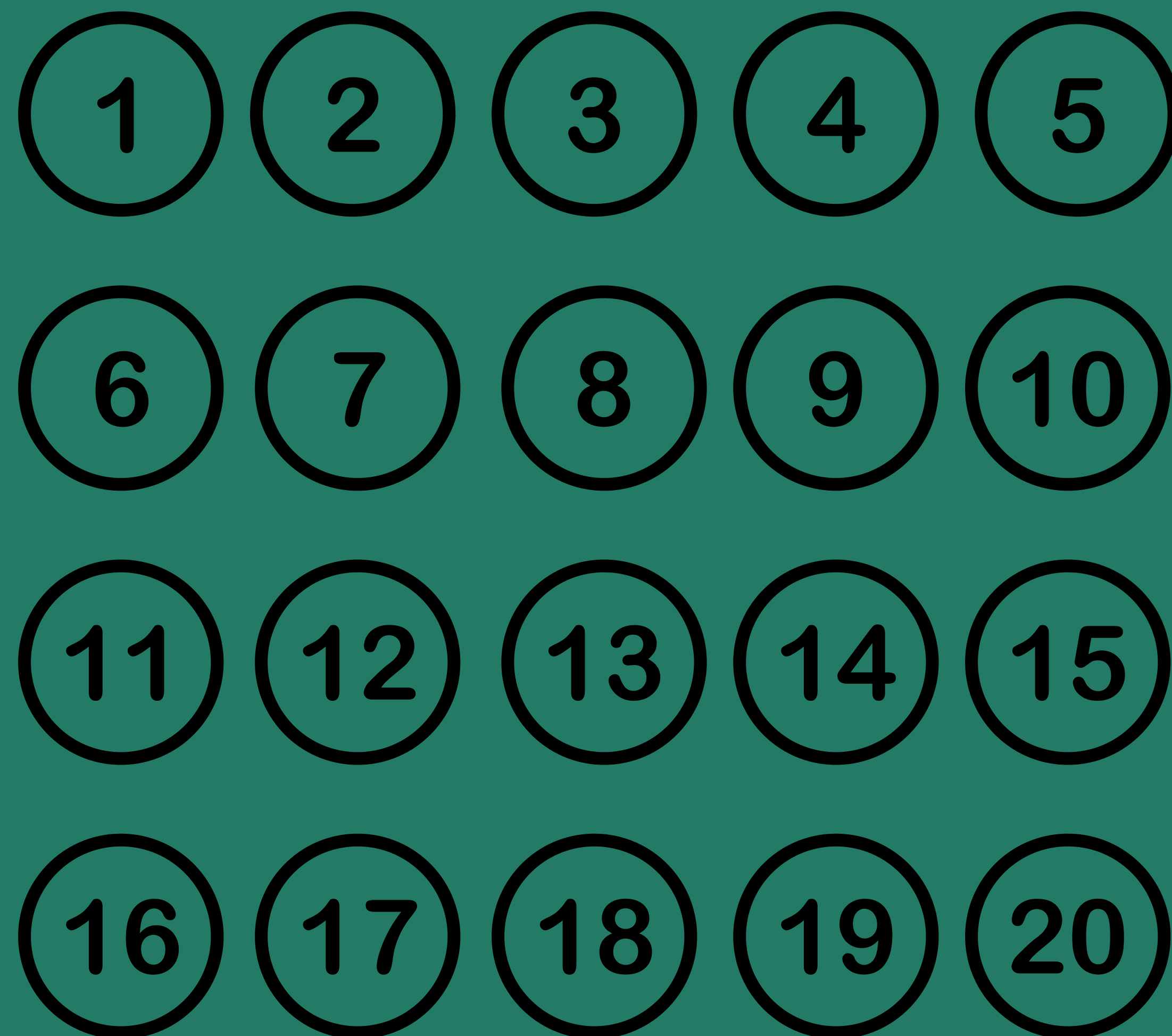
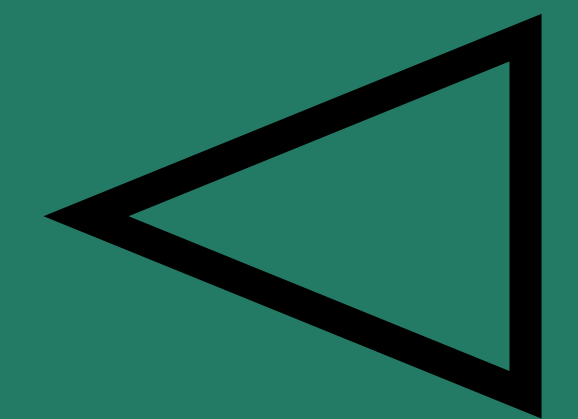
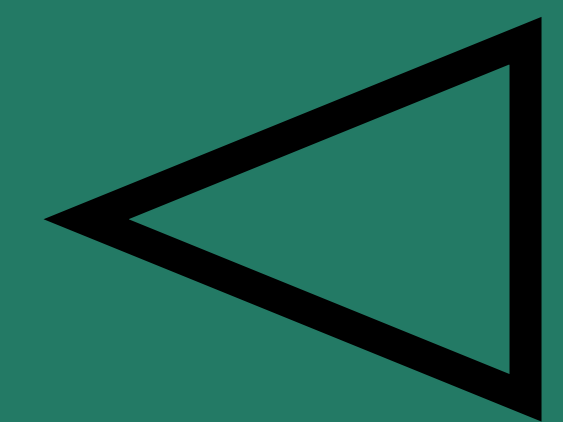




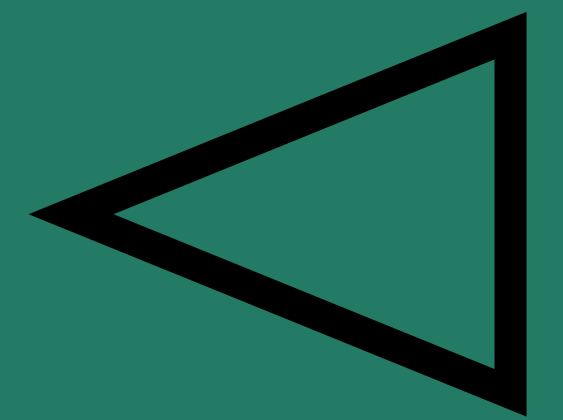
**When do you feel
the safest?**



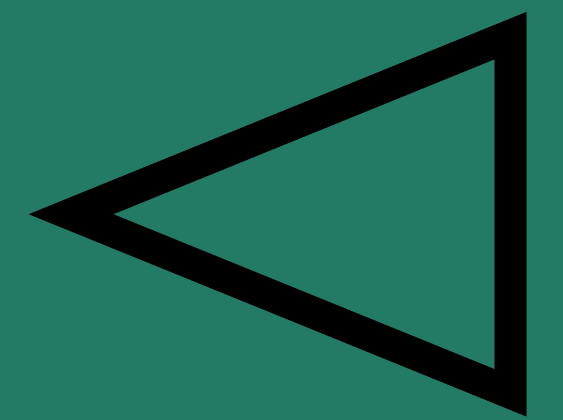
Why is balance so important?



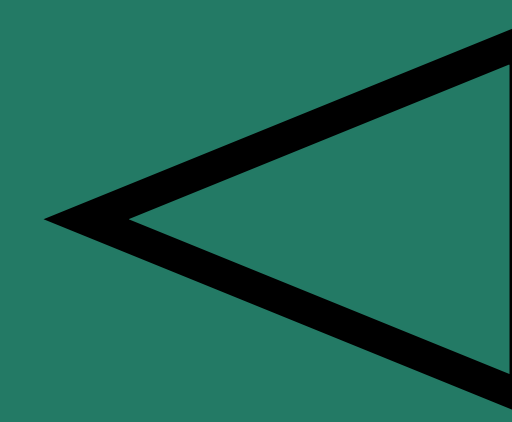
**What do you do to
keep your space clear
and minimise the
chance of falling?**



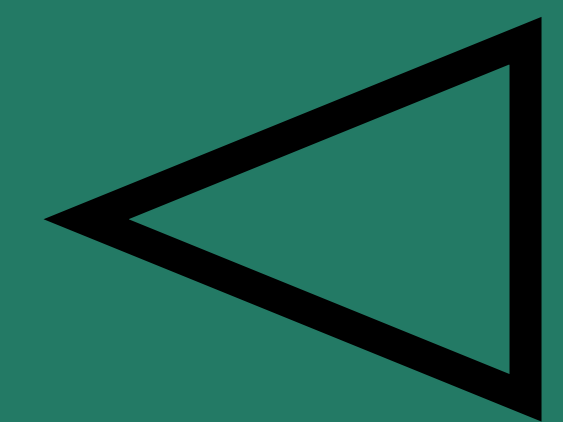
**Share why it's important
to drink plenty of water.**



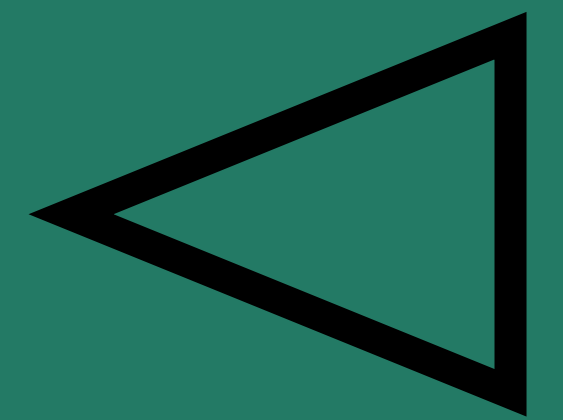
**How do you sleep?
Discuss with other
players why sleep
matters.**



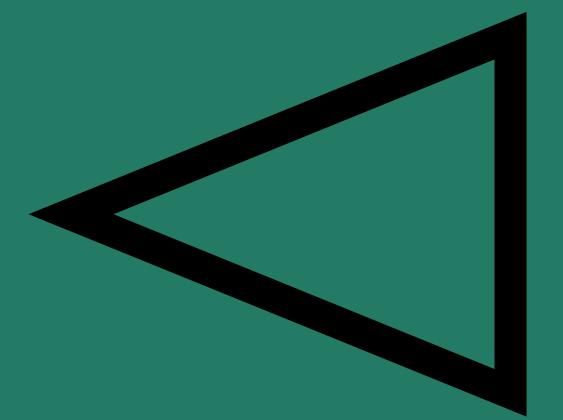
**Lift your hands above
your head five times.
How does moving feel?**



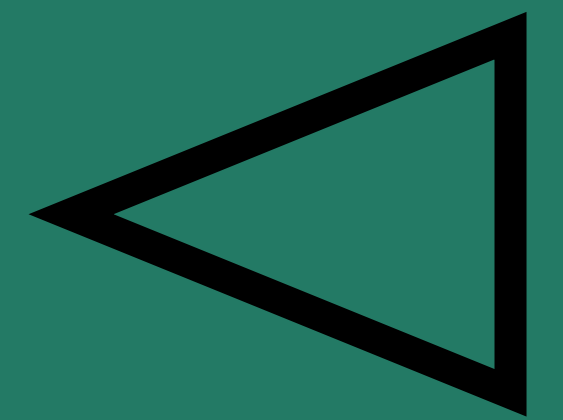
**If you were the chef
today, what would
you cook?**



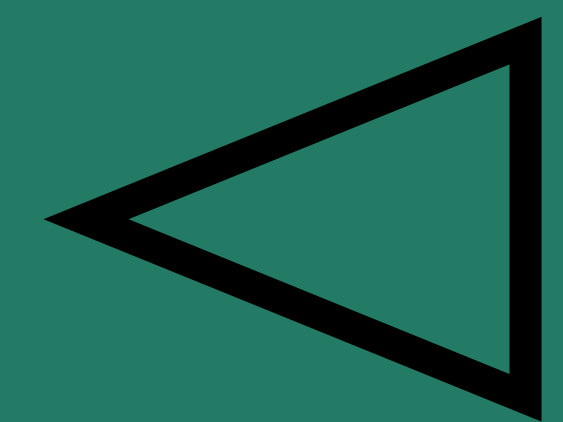
**You're leading a seated march
accompanied by a band.
Ready, Set! Go!**



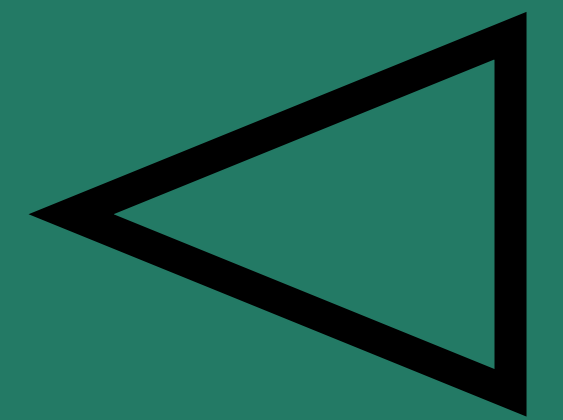
**You've been asked to
promote healthy habits.
What would you do?**



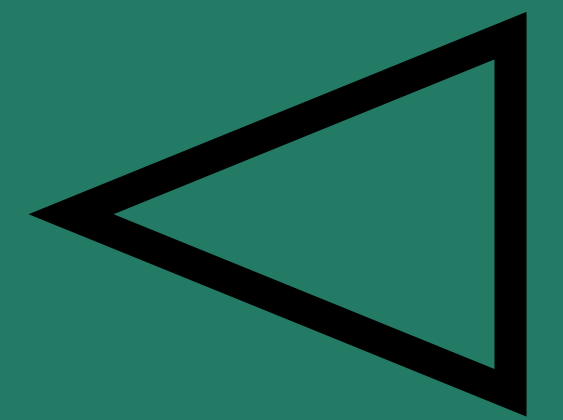
Tell us about your favourite food



**Take your pulse.
Tell us about it.
What happens to it when
you exercise?**

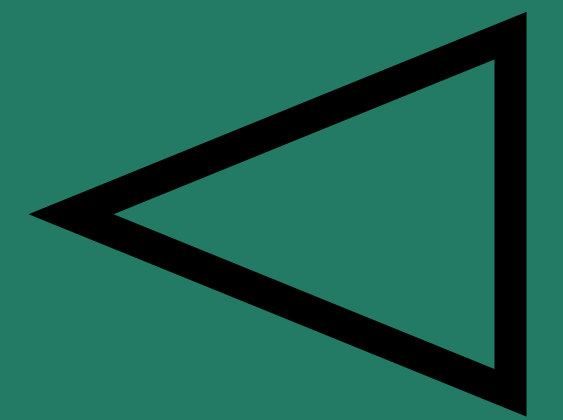


**Did you ever smoke?
What do you think of
smoking today?**



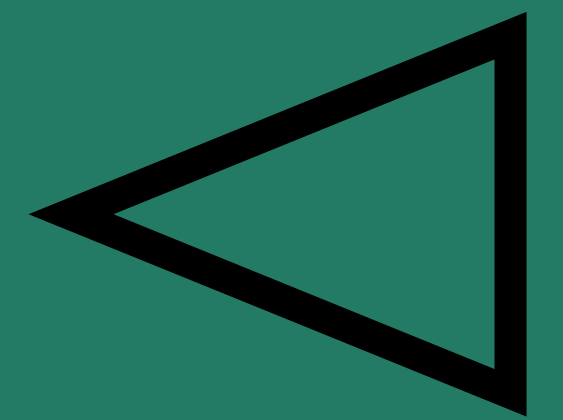
**What's your most regular
form of transport?**

Walk/bike/public/car....

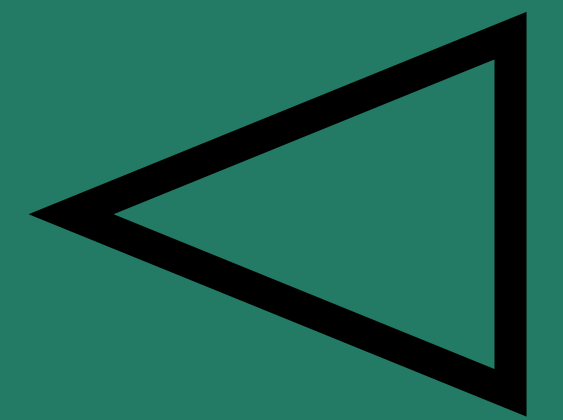


**Straighten and stretch
where you are.**

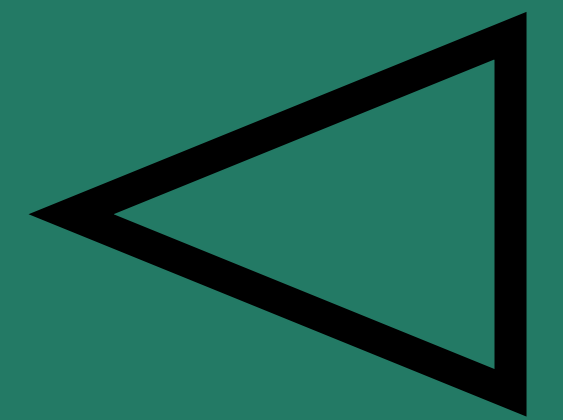
**How much taller can you
make yourself?**



**Why checking your teeth
every day is important?**

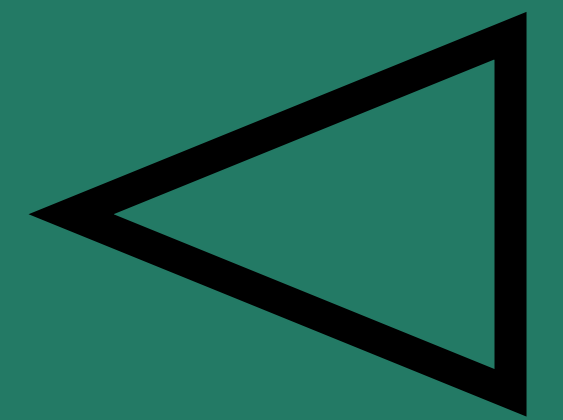


**How does it feel to rub
your tummy and pat your
head at the same time?**

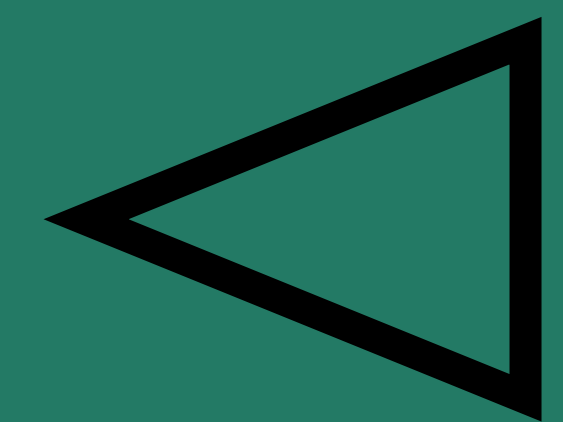


**Lead the players in
ankle/foot flexions/circles, or
wrist flexion/circles.**

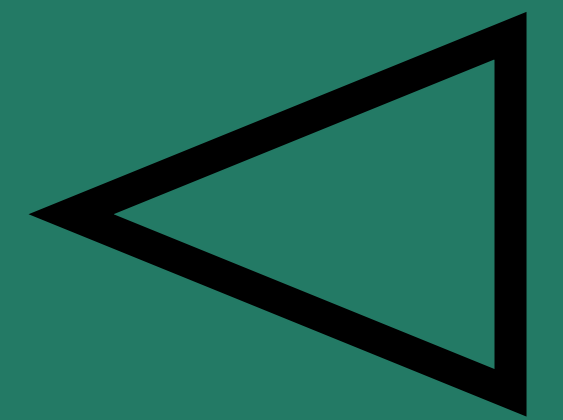
How did it go?



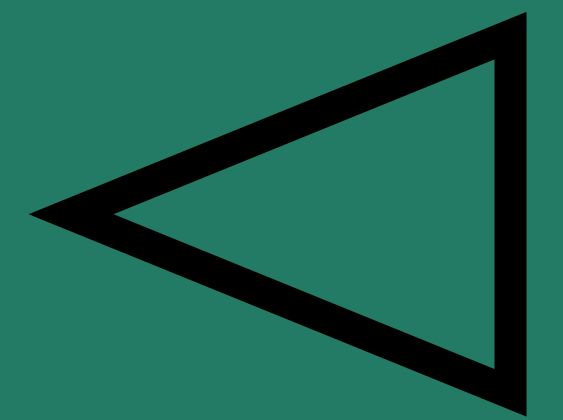
**Lead a short
“Simon Says” game!**



**Lead the group in:
heads shoulders knees
and toes...**

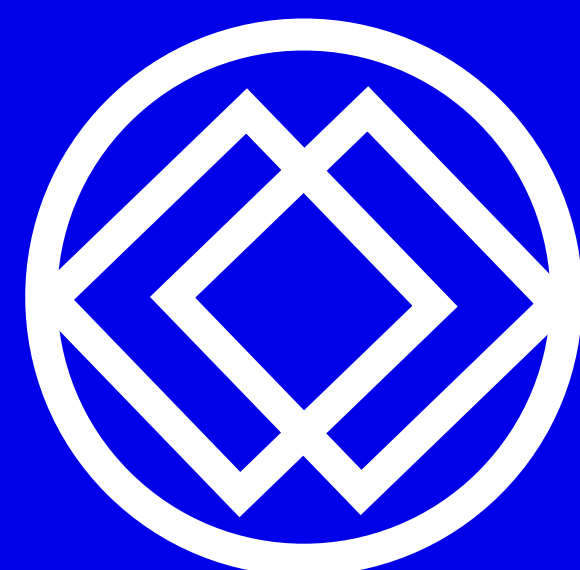


**When was the last time
you were out of breath?
What were you doing?**





RED



BLUE



YELLOW



GREEN

TAP ON THE COLOUR NAME TO START PLAYING