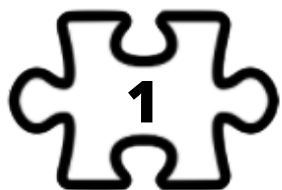


# ONE PIECE AT A TIME

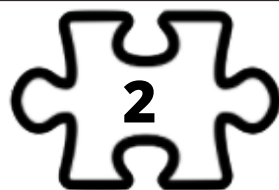
- Colour in the three puzzle pieces below using a different colour for each.
- Every day choose an activity from each box or one of your own. We will also be tweeting an idea each day.
- Once you have completed an activity, colour in one piece with the same number and colour on your smiley face puzzle.

**Can you complete your puzzle by the 28th February?**



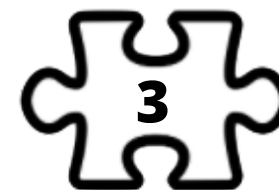
## PHYSICAL

- 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



## 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



## SELF-CARE

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

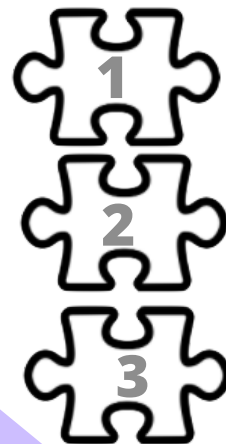
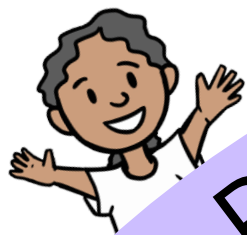


★ Visit [www.getset4pe.co.uk](http://www.getset4pe.co.uk) to find the 'Active Family' games.

**We would love to see your journey.**

**Tweet us so that we can share in your smiles: @getset4pe**

# ONE PIECE AT A TIME



PHYSICAL

GIVING BACK

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