

MISSION MOVE

FIVE-DAY
WALKING
CHALLENGE

AGENT CALM NEEDS YOUR HELP!

Draw simple faces inside the outlines to show how an agent might look when they feel happy, sad, excited or calm. Recognising feelings helps agents stay calm and ready for action.



DAY 1



Parent/carer prompt:
Choose one face and talk about it together. What helps your child feel calm when they have big feelings?