

MISSION MOVE

FIVE-DAY WALKING CHALLENGE

THE AGENTS NEED YOUR HELP!

Draw a line to match each action to the feeling it gives.



Actions

HELPING SOMEONE

WALKING TOGETHER

BEING FRIENDLY

TAKING TURNS

TAKING A DEEP BREATH

Feelings

SAFE

INCLUDED

CALM

WELCOME

HAPPY

Parent/carer prompt:
Talk together about which actions make people feel happy or welcome.

DAY 5