

AGENT STRONG NEEDS YOUR HELP!

Follow Agent Strong's lead and do these exercises with a grown-up. Tick the moves you try.



TRY THESE MOVES WITH A GROWN-UP:

- Reach your arms up towards the sky and make your body as tall as you can. Hold for 3 seconds, then relax.
- Hold your body nice and still for 5 seconds. Try sitting or standing tall and feeling your muscles work.
- Move carefully and quietly on the spot – stepping, wheeling or moving your arms – then freeze like a secret agent.



DAY 3



Parent/carer prompt:
Encourage your child to try each movement safely. Talk about which move they found easiest or most fun.