

MISSION MOVE

FIVE-DAY
WALKING
CHALLENGE

AGENT CALM NEEDS YOUR HELP!

Agent Calm needs a partner agent. Design your own agent and add their 'mind powers' – skills that help them stay calm, solve problems, and support others.



DAY 1

Parent/carer prompt:
Discuss your child's agent.
Which skills help them feel
calm, and when could they
use these at home or school?