

# 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 the matches.  
Ask which actions make people feel most included and why.