

**Active Living**

Healthy choices influence our physical, emotional, and mental well-being. Daily participation in different types of physical activity influences our personal health goals, and contribute to our success and enjoyment of physical activity.



**In each box, sketch and/or write about your favourite ways to move!**

It might be something more organized like a sport, or it may be more unstructured like climbing a tree!


**Do you prefer to be active with others, or alone?**

**Do you ever create goals for your activity? How do you know when you're finished with your activity?**

**Here are some more ideas for getting moving at home:**

- For a dance/music-based workout, check out the *Just Dance Workout* here: <https://www.youtube.com/watch?v=yQ4fTl4wbko&t=555s>
- Slow it down and take a brain break with *Yoga with Adriene*: <https://www.youtube.com/watch?v=ZK2XBduF84I>