

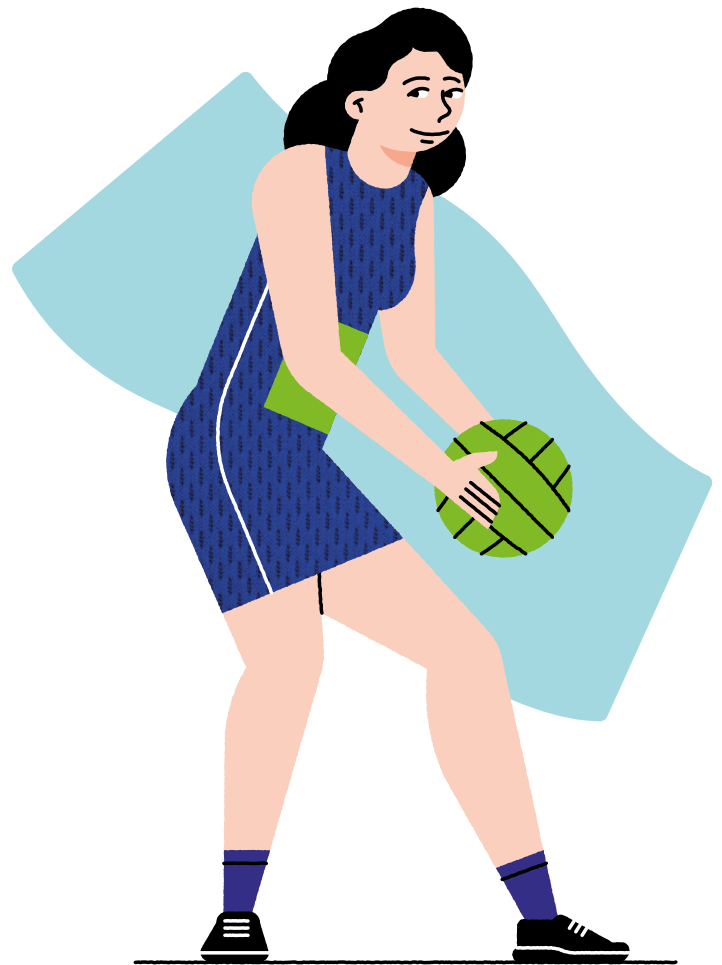
Tip 5. stay active

Staying active:

- helps me sleep better
- gives me more energy
- gives me confidence
- helps me feel less stressed and worried.

How can I stay active? I can:

- choose activities I like to do
- ask a friend to join me
- join a club or sports team
- try something new
- ask someone I trust to help me be more active
- plan to be active
- stick to my plan
- be active even when I don't feel like it.



Tip 5. stay active

Staying active is easier when I'm having fun.

What do I like?

What do I want to try?

I can stay active if I plan ahead and have a routine.

What activity
will I do?

How many
days of the
week will
I do it?

What time
of day will
I do it?

How will I
remember
to do it?

**Keeping track of what I do and how I feel
helps me to stay active. This week...**

What did I do?

How did it make me feel?

**By setting goals that feel
easy I am more likely to
stick to them.**