

LIFESTYLE CHOICES



'You need at least 60 minutes of moderate to vigorous physical activity every day. Track your daily fitness using your term planner. I enjoy playing touch football and soccer with friends and family.'

SHAKIAH TUNGAI,
Dragons Winger

PHYSICAL ACTIVITY

'Physical activity promotes healthy growth and development'

List the positive attributes of physical activity

JOIN A TEAM SPORT

What team sports could you join from A to Z?

A _____	J _____	S _____
B _____	K _____	T _____
C _____	L _____	U _____
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	X _____
G _____	P _____	Y _____
H _____	Q _____	Z _____
I _____	R _____	

MY MOOD TRACKER

Our moods can be affected by the lifestyle choices we make, for example;

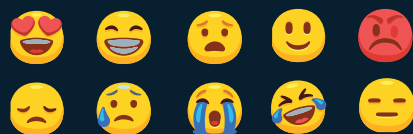
- The food we eat
- The amount sleep we have
- How active we are
- The friends we surround ourselves with

'We can also improve our mood by noting the things we are grateful for.'

BLAKE LAWRIE,
Front Rower

TRACK OUR MOODS

Use your term planner and track your mood over a 1 week period. Use emojis to represent your mood, then reflect on your feelings and the choices you made during that week.



SCREEN FREE TIME

'Screen time is educational and fun, but always find time to get active as well'

Establish a family-agreed time for use of screens.

'Keep your bedroom screen-free.

Watching TV or using screen devices keeps your brain engaged. Let it rest before you sleep.'

RESEARCH:

How can using devices before bedtime effect your sleeping habits?

WHAT DO I EAT?



'High-sugar snacks and drinks contribute greatly to your overall energy intake and can lead to weight gain, dental issues, headaches and tiredness when consumed in large amounts'

TIM LAFAI,
Dragons Centre

LIST 5 EXAMPLES OF HIGH SUGAR FOODS AND RECOMMEND A HEALTHIER ALTERNATIVE NEXT TO IT

HIGH SUGAR FOOD

HEALTHY ALTERNATIVE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____