

Fit Made Fun

Start



You ate breakfast. Now you have energy for your day. Collect two tokens.

You forgot to brush your teeth. Go back to start.



You got a good night's sleep. Collect two tokens.



You tried a new vegetable. Collect one token.

You ate a snack. Now you aren't hungry for dinner. Miss a turn.



Take a Fit Made Fun card.

Place Fit Made Fun cards here

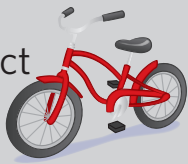
You washed your hands before dinner. Collect one token.

You drank water instead of a fizzy drink. Collect one token.



Take a Fit Made Fun card.

You walk or ride your bike to school. Collect two tokens.



Take a Fit Made Fun card.

You jump rope with a friend. Collect one token.

You only eat your cookie at lunchtime. Miss one turn.

You eat lots of different coloured foods. Collect two tokens.



You play a sport with your friends. Collect two tokens.

Take a Fit Made Fun card.

You forget to stretch before exercising. Go back two spaces.



You remember to cough into your elbow. Collect one token.

FREE SPACE
Catch your breath!

Place tokens here.

fold

Fit Made Fun

**Dance like
a chicken.
Collect two
tokens.**

**Hop like
popcorn
popping!
Collect one
token.**

**Swim like a
fish. Collect
one token.**

**Leap like a
frog. Take
two tokens.**

**Pretend to
jump like a
kangaroo.
Collect one
token.**

**Walk like
a penguin.
Collect two
tokens.**

Fit Made Fun

Jump like a tiger and roar! Collect two tokens.

Reach up high and touch the sky. Collect one token.

Reach down and touch your toes. Collect one token.

Spin around and take a bow. Collect one token.

Walk like a bird and flap your wings. Collect two tokens.

Wiggle your fingers and toes. Collect one token.

Fit Made Fun

Pretend to juggle. Collect two tokens.

Fly around like your favourite superhero. Collect two tokens.

Pretend to hit a baseball. Collect one token.

Pretend to row a boat. Collect one token.

Hope on one foot. Collect one token.

Move like a robot. Collect two tokens.

Fit Made Fun

