



Being

fit,



healthy

and



strong

at



home.



I

am

spending

lots of my

time

at

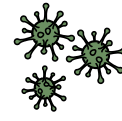


home

now

because of the

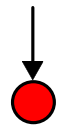
Coronavirus.



I



live



at



home

with:



Drawing

or



photograph

of



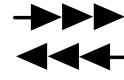
my



family



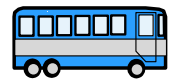
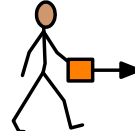
At school I do lots of different



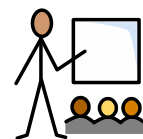
activities to keep myself active. This



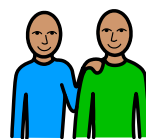
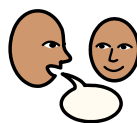
helps me to stay fit, healthy and



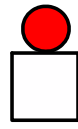
strong. At school, I take the bus.



At school, I walk to my lessons.



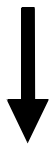
At school, I talk to friends.



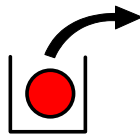
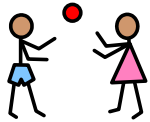
At school, I work on the



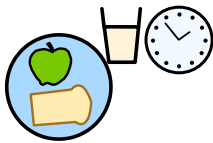
computer. At school I walk up



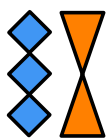
and down the stairs. At school, I



play outside at breaktime and



lunchtime. At school I do lots of



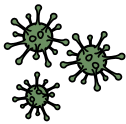
different activities.



Right now, I am spending lots of



time at home because of the



coronavirus.



To keep



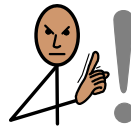
fit,



healthy



and strong



it is important

to do



different



activities



at home



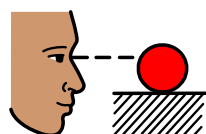
too.



At home,



I can



look at



books.



At home, I can do schoolwork with



my family. At home, I can do some



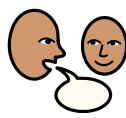
exercise and moving. At home, I can



help with the housework. At home,



I can go for a walk with family. At



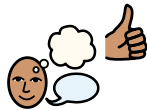
home, I can talk to my family.



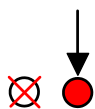
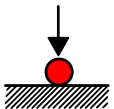
Doing lots of different activities can help



me to stay fit, healthy and strong.



This is a good idea.



Here are some other things I can do to help



me to be fit, healthy and strong: