Put a circle around each exercise you can do.
Then color in the ones you like to do.

Skate boarding

Running

Sit-ups

Toe-touches

Skipping rope

Tumbling
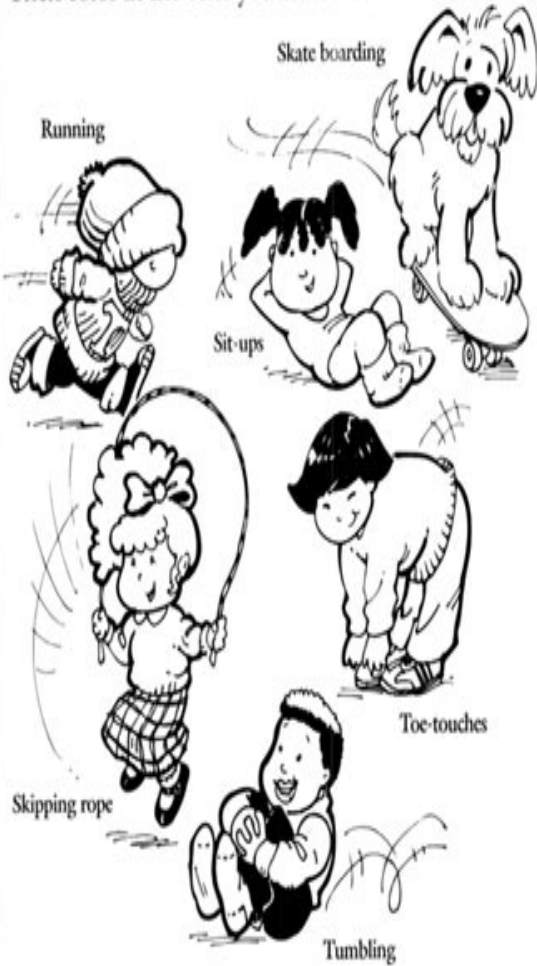
When I am sad I _____
_____

When I am happy I _____
_____

Draw a picture
of what you
look like when
you are sad.

Draw a picture
of what you
look like when
you are happy.