

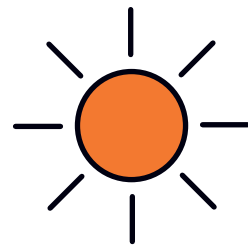


what will you swap?

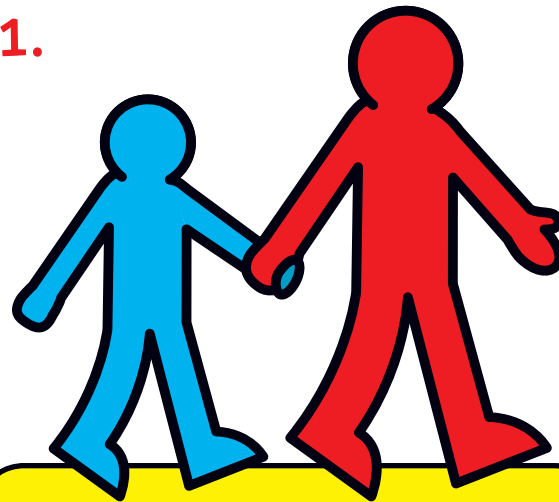


Here are some swaps for you to try

Look for different ones around the dining room. Can you and your friends make all the different swaps between you?



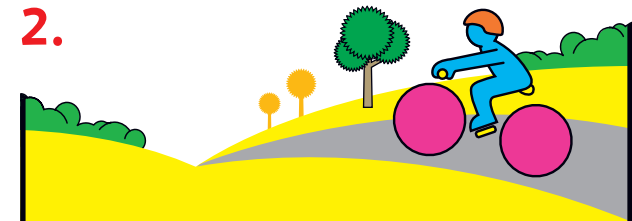
1.



Which of you could swap travelling to school in the car for going on foot?

Meeting your friends, playing Eye-Spy, stretching your legs – it's so much more fun to travel to school on foot.

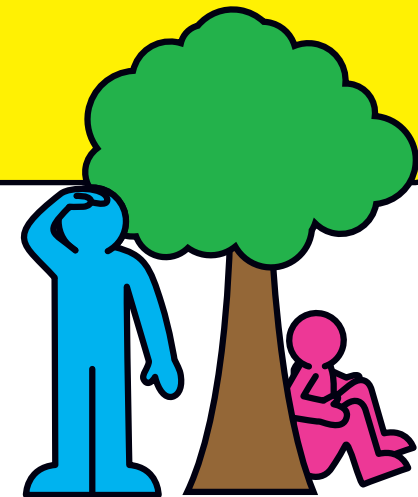
2.



Who's going to swap engine power for pedal power?

Biking to school gets your heart pumping and it's much more fun to travel powered by yourself. Ask the adult who takes you to school if you can cycle some or all of the way.

3.



How many of you could choose running around games in the playground, instead of sitting down?

Hopscotch, hide and seek, skipping, stuck-in-the-mud – take your pick and get up and about!