

Carrot's Action Challenge

Let's move our bodies with Carrot!

Trace the path to Pea and complete the challenges!



Run on the spot for 5 seconds!



Flap your arms like a bird!

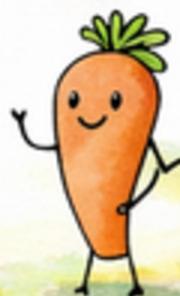
Crouch down small like a cushion



Jump over the stones five times!



Bonus challenge: *Can you make up your own?* _____





Pea's Calm Colour Sheet

A gentle page for quiet colouring and feelings chat.



Which colours make you feel calm?

How do you feel today?

