

Name: _____

Date: _____

Active Body Chart

Think of a specific time when your body was active. It could be at recess, phys ed, playing in the neighborhood or park, a sport or dance, maybe on vacation. Complete the chart with details about how you felt while doing the activity.

draw the activity	what you are doing	how did you feel

draw the activity	what you are doing	how did you feel

draw the activity	what you are doing	how did you feel

draw the activity	what you are doing	how did you feel

