

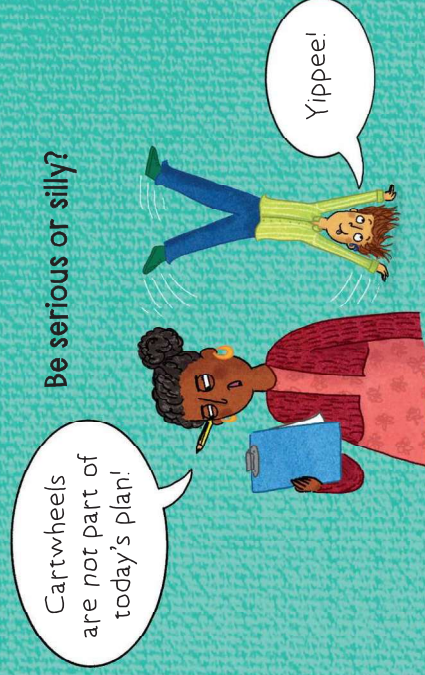
What will you be *like*?

The person you become will depend on lots of different things, such as what you believe is important, what the adults in your life are like, the chances you get and the choices you make. Will you...

Be tidy or messy?



Be serious or silly?



Talk a lot or prefer to listen?



Be adventurous or enjoy staying at home?



Follow the rules or make up your own rules?

Let's play the game backwards!



Prefer to make plans or be happy to just see what happens?



Dress smartly or not worry too much about what you wear?



Just think about yourself or enjoy helping others?



Which of these are you most certain about?

What will you enjoy doing?

When you grow up you might enjoy doing hobbies in your free time. Hobbies are activities we love to do again and again. Do you think you will like any of these?

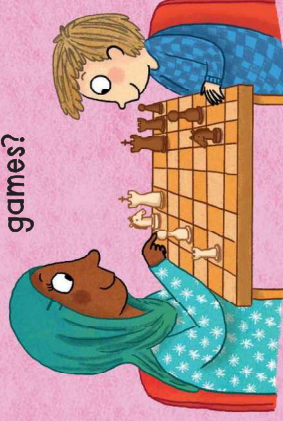
Playing sport?



Cooking?



Playing board games?



Painting pictures?



Going to the cinema?



Collecting things?



Knitting?



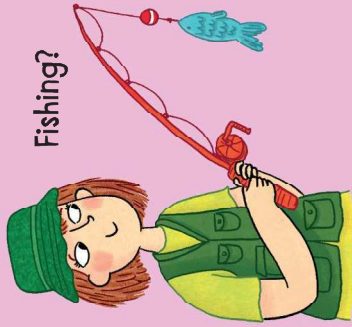
Singing in a choir?



Taking photos?



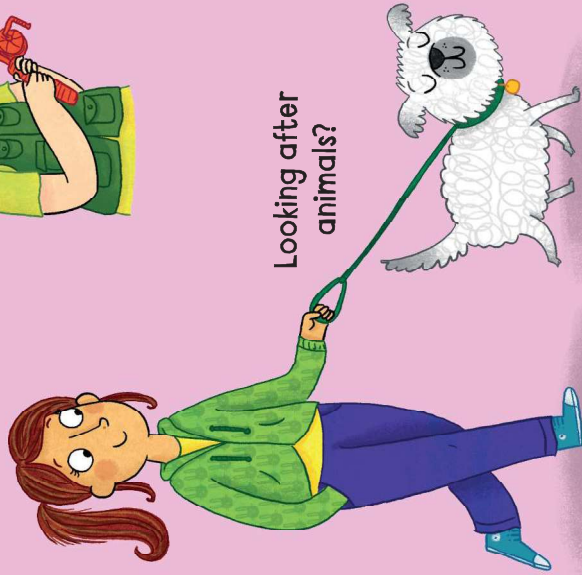
Fishing?



Gardening?



Looking after animals?



Doing puzzles?



Can you think of other hobbies you might like?

What will you do to stay healthy?

There are lots of things you can do that will help you stay fit, healthy and feeling great! Which seem like the most fun or the easiest to keep doing as you grow up?

Playing sport?



Going for long walks?



Eating lots of vegetables?



Drinking plenty of water?



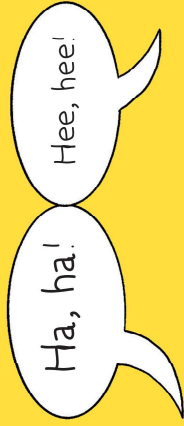
Getting outdoors every day?



Eating plenty of fruit?



Laughing a lot?
(it's good for you!)



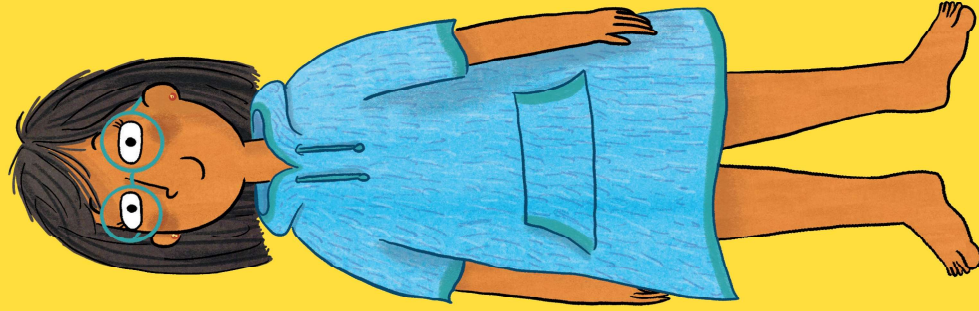
Getting enough
sleep?



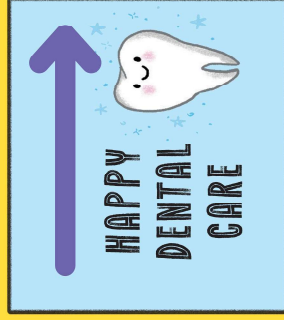
Going for a run?



Taking time to relax?



Going to the dentist
to keep your teeth
healthy?



Going swimming
regularly?



Looking after our bodies
can help us to feel
livelier and happier.