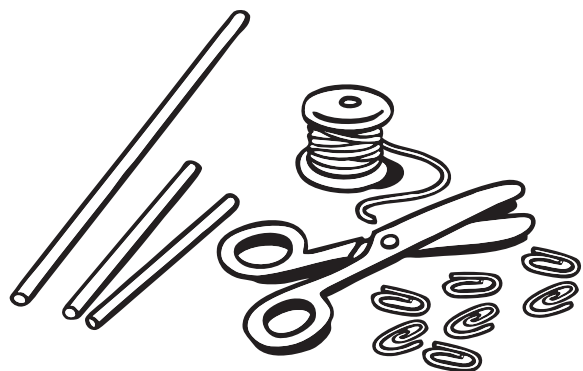


# Love your body mobile

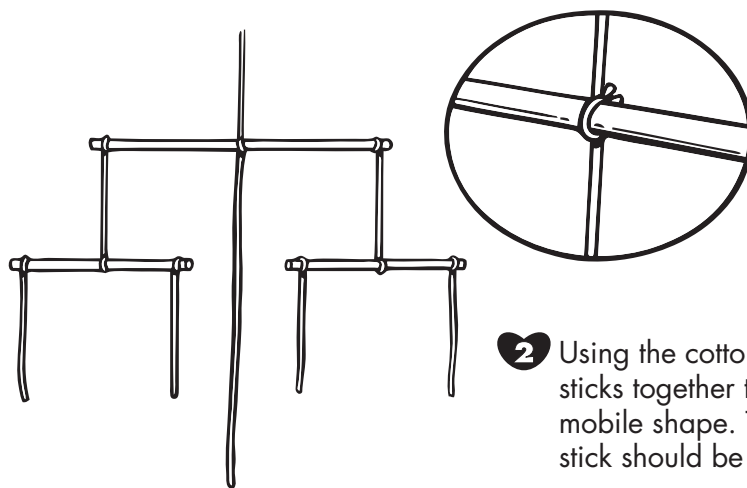
Our bodies love us when we eat healthily and exercise. It is important that we do both because together they help us to keep fit and well. Show how much you love your body by making the *Love your body mobile*. Remember to be careful when you are using scissors.

## You will need:

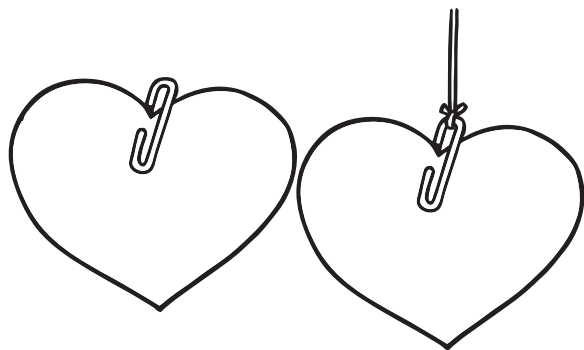
- ♥ 3 sticks (two that are 10cm and one 20cm)
- ♥ 8 pieces of cotton all different lengths
- ♥ Scissors
- ♥ Ruler
- ♥ Sticky tape
- ♥ Paper clips



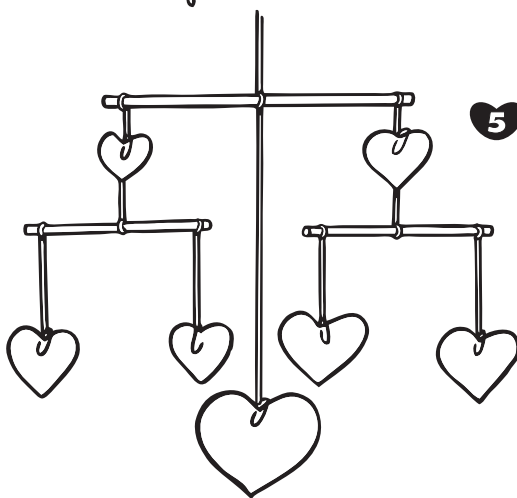
- 1** Place all the different equipment in front of you so you can check you have everything you need.



- 2** Using the cotton, tie the 3 sticks together to make a mobile shape. The longer stick should be at the top.

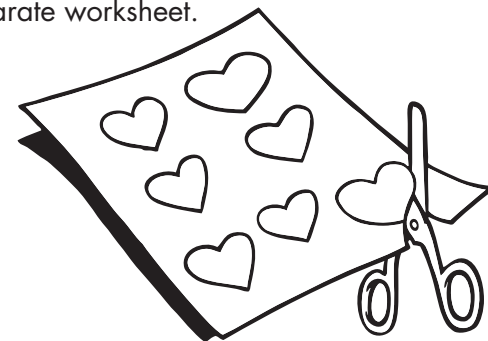


- 4** Stick a paper clip to the back of each of the hearts. This is what will be used to tie the heart shapes on to the mobile.



- 5** Tie all your heart shapes to the mobile with the cotton from the sticks.

- 3** Cut out the different heart shapes from the separate worksheet.



- 6** Your *Love your body mobile* is now finished and ready to be hung up!

