



This is **Wizzy the Wasp**
 You will be seeing a lot of him over the next few weeks. Wizzy wants you to join with your classmates and your family at home and get more active more often!

Your teacher will give you a card. It's your job to be extra active every day. When you are active for a total of 60 minutes a day your teacher will give you a Wizzy Sticker to stick onto your card. Here are some activities you could do to get a **Wizzy Sticker**



HE Feidhmeannacht na Seirbhíse Sláinte
 Health Service Executive

