

Session 1

WHOLE TEAM

Getting moving helps your heart get healthy and strong!



When you get moving, your heart rate goes up.



I like to run at the dog park!



Find the prototyping pieces and baseplates from the Explore set.

- List different ways you like to play and get your body moving.

Where do you like to play and be active?

What games do you like to play?

- Pick your favorite activity and draw a picture of yourself doing it. Show where you are.
- Draw how you would build a LEGO® design of this activity.
- Build a design of your drawing on your own baseplate.
- Share your drawing and what you built with your team.

THIS IS ME:

A large rectangular area with a light blue grid pattern, intended for drawing or writing. It is framed by a green border. A dotted green line connects the top-left corner of the grid to the text 'THIS IS ME:' and another dotted green line connects the bottom-right corner of the grid to the bottom of the page.

DEMO