Muzicbug™
Happy Hearts. Strong Minds.

Activity 1

Ferdi's Active or Resting?

Look at the picture below.
Which Muzicbugs are active and which are resting?
Circle the active ones in red. Circle the resting ones in blue.



Draw a picture of you being active!



Moving my body helps me feel happy and strong!

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Activity 2

Ferdi's Move Like Me!

Do these fun movements with Ferdi Fly!

Can you copy what Ferdi is doing in each picture?

1

Jump!

Do 5 little jumps.



2

Stretch!

Reach up to the sky.



3

March!

March on the spot.



4

Dance!

Show your favourite dance moves.



5

Balance!

Stand on one foot.



Which movement was your favourite?

Draw yourself doing it!



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Activity 3

Ferdi's Active Adventure Trail!

Start at number 1! Do Ferdi's movement, then draw a path to number 2.
Do the next movement and draw your path to number 3. Keep going until you reach number 5 and **FINISH!**

START

1 Hop!
Hop like a bunny 5 times.

2 Tiptoe!
Take 5 tiny tiptoe steps.

3 Twist!
Gently twist from side to side.

4 Flap!
Flap your arms like Ferdi's wings.

5 Stomp!
Stomp your feet 5 times.

FINISH

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Continue with Ferdi!

More fun ways to explore **Being Active!**

1 Discover the Full Being Active Activity Pack

15 fun pages filled with activities, games and printables to help your child explore being active, build healthy habits and have fun every day!



Explore the Full Activity Pack!

2 Watch Ferdi's Everybody Strum Guitar Song

Join Ferdi in his fun song about being active, moving your body and having a go!



Watch on YouTube

3 Meet All 20 Muzicbug Life Skills

Join Ferdi and all the Muzicbug friends and discover 20 fun songs and stories that help children learn important life skills.



Meet All 20 Characters!



Being active helps you feel happy, healthy and strong!