

Activity 5.2 – Design a badge or sticker

Design a badge or sticker with a catchy slogan. Think of a slogan that persuades people to exercise for mental wellbeing. Think about the benefits of exercise for mental wellbeing:

- + Happier moods
- + Stress buster
- + Friendships
- + Better learning
- + Improved memory
- + Better problem-solving skills
- + High-quality sleep

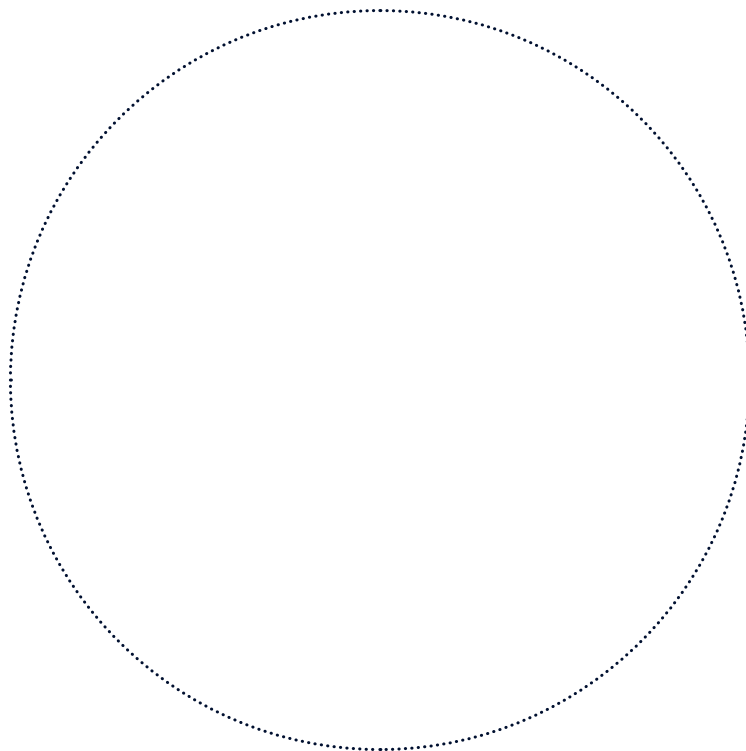
Example slogans:

Fitter, Healthier, Happier.

Don't just sit – it's time to get fit!

Get active, go green, think safe!

Use the template below to design your badge or sticker



Extra activity

Create a crossword puzzle using the words you chose to complete the summary in **task 2**. Provide clues that are clear. Give it to a friend or take it home for your family to solve!



Tip: Use quad paper that you find in a maths exercise book.