*Being in charge*

D A

C B

*Being responsive*

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| --- | --- | --- |
| **Aerobic activities** | **Activities that strengthen muscles** | **Activities that strengthen bones** |
| Dancing  Football | Swinging on playground equipment | Hopping |

|  |  |  |
| --- | --- | --- |
| NO  CHOICE | GUIDED CHOICE | TOO MUCH CHOICE |
| We’re going to the park. | We are off to the park - would you like to walk or ride your scooter? | What would you like to do this afternoon? |