FUN, PLAY AND BALANCE

Activity Pack -- FREE Resource

Ages 5-8 | No Prior Reading Required
Classroom, Library and Home Use

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Moving and My Body

Running, jumping, hopping and playing are great for our bodies -- and they're fun too! Let's find out what moving does for our bodies.

Activity 1: After I Run...

Tick True or False.

After I run fast...	True	False
My heart beats faster	[ ]	[ ]
I breathe faster	[ ]	[ ]
I feel warmer	[ ]	[ ]
My legs turn blue	[ ]	[ ]
My body needs a drink of water	[ ]	[ ]
I fall asleep straight away	[ ]	[ ]

Activity 2: Fast or Calm?

Some moving gets our hearts pumping. Some helps us calm down. Tick one for each.

Activity	Fast	Calm
Sprinting	[ ]	[ ]
Stretching	[ ]	[ ]
Hopping on one leg	[ ]	[ ]
Slow, deep breaths	[ ]	[ ]
A chasing game	[ ]	[ ]
Lying on the grass	[ ]	[ ]

Think About It

* How does your body feel after you play a running game?

* Why do we need both fast moving and calm moving?

Sports Day Numbers

At the end of Sports Day, one runner had one gold ribbon, one silver, two thirds and a relay bronze. She had also laughed seven times and cheered for twelve people. Let's do some Sports Day maths!

Activity 1: Places and Ribbons

1st place = gold. 2nd place = silver. 3rd place = bronze. Fill in the gaps.

Event	Place	Ribbon
100 metres	1st	_____
Hurdles	_____	silver
Relay	3rd	_____
Long jump	_____	gold

Activity 2: Sports Day Sums

1. 7 laughs + 12 cheers = _____

2. How many more cheers than laughs? 12 - 7 = _____

3. 1 gold + 1 silver + 2 thirds + 1 relay bronze = _____ ribbons

4. Two friends raced to the corner and back 17 times. If they did 3 more, how many races is that? _____

Think About It

* Which number from Sports Day do you think matters most: ribbons, laughs or cheers? Why?

* What would you count at your own Sports Day?

Invent a Game Lab

The best playground games are often the silliest. Some have rules that change every round, so someone always ends up going the wrong way! Game designers think about rules, players and what makes it fun.

Activity 1: What Makes a Game Fun?

Tick the things that make a game fun for everyone. Cross the things that don't.

Game Idea	Fun for everyone	Not fun
Everyone can join in	[ ]	[ ]
Clear rules at the start	[ ]	[ ]
A silly surprise rule	[ ]	[ ]
Only the fastest person can ever win	[ ]	[ ]
Taking turns	[ ]	[ ]

Activity 2: Invent Your Own Game

Name of my game: _____ Players: _____ Equipment: _____

Rule 1: _____

Rule 2: _____

Silly surprise rule: _____

DRAW YOUR GAME BEING PLAYED:

Think About It

* What makes you laugh the most when you play a game?

* How could you change a game so everyone can join in?

When Fun Goes Missing

Note to students:
This worksheet explores personal feelings. There are no right or wrong answers -- your thoughts are your own. Sharing is always optional. If any question brings up big feelings, please talk with a trusted adult.

Sometimes we try so hard to win or be the best that we stop having fun. We might feel tired or a bit empty, and not know why. Noticing this is the first step to getting the fun back.

Activity 1: Feeling Check-In

Circle the words that show how you feel.

When I only think about winning, I feel:
Tired Worried Excited Grumpy Okay Other: _____

When I play just for fun, I feel:
Happy Free Silly Calm Other: _____

When I don't win, I feel:
Sad Okay Cross Fine Proud I tried Other: _____

Activity 2: My Best Laugh

DRAW A TIME YOU LAUGHED SO HARD WHILE PLAYING:

Who was with me: _____

Think About It

* Why might trying to win every time make something feel like work?

* What could you say to a friend who has stopped enjoying something they used to love?

Fun: Joy Along the Way

Doing your best and working hard matter. But joy is not just a prize for the end -- joy is what makes the work worth doing.

Activity 1: Finish Line or Along the Way?

Is each moment about the finish line, or about the fun along the way? Tick one.

Sports Day Moment	Finish line	Along the way
Getting a gold ribbon	[ ]	[ ]
Laughing when the baton dropped	[ ]	[ ]
Cheering a friend's best jump	[ ]	[ ]
Coming first in a race	[ ]	[ ]
Playing a silly game with friends	[ ]	[ ]

Activity 2: My Fun List

Not what I'm best at -- what fills me up!

Three activities I love doing: _____ _____ _____

Three people I love doing things with: _____ _____ _____

One thing I used to love that I'd like to get back to: _____

Think About It

* What is the best moment you remember from a game or sports day? Was it winning?

* What's the difference between doing something to get better at it, and doing it because you love it?

My Fun Goals

Here is a challenge: do one thing for pure joy -- no goal, no score, no plan. Just because it's fun. Life is not only about reaching the finish line.

Activity 1: My Fun Goals

Write or draw one goal for each time.

Goal Tier	My Goal	How I Will Do It	When I Will Start
THIS WEEK			
THIS TERM			
THIS YEAR			

Activity 2: Fun Challenge Tracker

Colour a star each day you do it.

I did it!	Mon	Tue	Wed	Thu	Fri
I did something just for fun	*	*	*	*	*
I played with friends	*	*	*	*	*
I cheered for someone else	*	*	*	*	*
I laughed out loud	*	*	*	*	*
I tried a new game	*	*	*	*	*

Think About It

* Is there something you love that you sometimes put too much pressure on yourself about?

* Write your own 'have fun' motto in 10 words or fewer.

Teacher's Companion

No Prior Reading Required
This pack is fully standalone. No book or characters are referenced. Any student can complete these worksheets without prior reading. Suitable for classroom, library, and home learning programmes. This pack is an excerpt of a full book-specific learning pack available with purchase at **learningsmart.au**

Australian Curriculum Alignment

Learning Area	Strand	Year Level	Content Description (summary)
English	Language for Interaction	F-Yr 2	Share experiences and feelings about play and sport (WS4, WS5)
Health and PE	Movement and Physical Activity	F-Yr 2	Describe how the body responds to physical activity (WS1)
Mathematics	Number	Yr 1-2	Use ordinal numbers; add and subtract within 20 (WS2)
Design and Technologies	Design Processes	F-Yr 2	Design a game with rules for a purpose (WS3)
Health and PE	Personal, Social and Community Health	F-Yr 2	Identify feelings about winning, losing and play (WS4)
Gen. Capabilities	Personal and Social Capability	F-Yr 2	Recognise what brings enjoyment; balance effort and play
Gen. Capabilities	Critical and Creative Thinking	F-Yr 2	Sort and compare ideas; invent new game rules (WS3, WS5)

16 Key Fun, Play and Balance Lessons

#	Lesson
1	Doing your best and working hard matter.
2	Joy is what makes the work worth doing.
3	Remember why you started doing something you love.
4	When fun goes missing, it is okay to stop and notice.
5	Saying 'maybe later' too often can mean missing out.
6	Playing with friends is as important as practising.
7	Moving our bodies can be fun, not just training.
8	Laughing together makes a game better.
9	You can enjoy a race whether you win or not.
10	Cheering for others makes the day better for everyone.
11	Second, third or fourth can still be a great day.
12	The best moments are often along the way, not at the finish line.
13	Being fully there with people you love is worth more than a ribbon.
14	Balance means making time for effort and for fun.
15	Silly, made-up games are good for us.
16	Motto: Life is not only about reaching the finish line. It's about enjoying the adventure along the way.

Answer Keys and Discussion Guidance

WS1 -- Moving and My Body (Answers)
True: heart beats faster; breathe faster; feel warmer; needs water. False: legs turn blue; fall asleep straight away. Fast: sprinting, hopping, a chasing game. Calm: stretching, slow breaths, lying on the grass.

WS2 -- Sports Day Numbers (Answers)
100 metres = gold; hurdles = 2nd; relay = bronze; long jump = 1st. Sums: 1. 19; 2. 5; 3. 5 ribbons; 4. 20.

WS3 -- What Makes a Game Fun? (Guidance)
Fun for everyone: everyone can join; clear rules; a silly surprise rule; taking turns. Not fun: only the fastest can ever win. Accept reasoned answers.

WS4 -- Sensitivity Note for Educators
Some children feel strong pressure to perform in sport or at home. Do NOT require students to share. Offer drawing or private writing. If a student discloses a concern, follow your school's wellbeing and child safety protocol.

WS5 -- Finish Line or Along the Way? (Answers)
Finish line: getting a gold ribbon; coming first. Along the way: laughing when the baton dropped; cheering a friend; playing a silly game. Both matter -- discuss which moments students remember most.

WS6 -- Challenge Tracker
There are no correct scores. Celebrate every attempt; any day left blank is a chance for a gentle reminder, not correction.

Upsell Note for Educators
This generic pack is based on the Learning Smart book series. The full book-specific learning pack -- which references the characters, story moments, and adventure narrative -- is available with book purchase or subscription at **learningsmart.au**. Book-specific packs significantly increase student engagement and reading motivation.

Differentiation Strategies

Level	Strategy	Example Application
Below Level (support)	Reduce written output; use sentence starters; allow verbal responses; pair with peer.	WS2: use counters or a number line for the sums. WS4: use feeling faces instead of writing.
On Level (standard)	Complete all activities as written. Use discussion partner for Think About It sections.	Standard completion with class debrief of Think About It questions.
Extension (enrichment)	Teach a small group the game from WS3 and change one rule after each round.	WS1: check heart rate before and after one minute of hopping. WS2: write your own Sports Day word problems.

7 Discussion Questions

1. Why might a strict schedule make something you love feel like work?
2. Why is it helpful to remember why you started something?
3. What makes a sports day great, other than winning?
4. Is there something you love that you sometimes put too much pressure on yourself about?
5. What's the difference between doing something to get better at it, and doing something because you love it?
6. How can we make sure everyone enjoys sports day?
7. What is a game our class could play just for fun this week?

Classroom Display Ideas

Our Fun List Wall: Each student adds one activity they love just for fun.

Game Inventors' Corner: Display the WS3 games and play one each week.

Along the Way Moments: Students draw a favourite moment from a game -- not the finish line.

Moving and My Body: A labelled poster from WS1 of what happens when we move.

Cheer Board: Students write a cheer for a classmate's effort.

Fun Goals Garden: Students' WS6 goals displayed as flowers.

Want the Full Adventure?

This free activity pack is inspired by the **Learning Smart book series** -- everyday adventures about character, confidence and growing into a kind, capable leader.

The Full Book-Specific Learning Pack Includes:

* Worksheets tied directly to the book's characters and story moments
* Story-based Think About It questions that deepen reading comprehension
* A Teacher's Companion with book-specific discussion questions
* Access to the full Learning Smart resource library

Available with book purchase or subscription at:

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Books in the Learning Smart Series

Title	Topic
Belinda Has Fun on Purpose	Fun, Play and Balance
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Professor Bee's Body Expedition	Human Body and Science
Belinda and James: Beach Smart	Sun and Water Safety
Guardians of the Web	Internet Safety
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