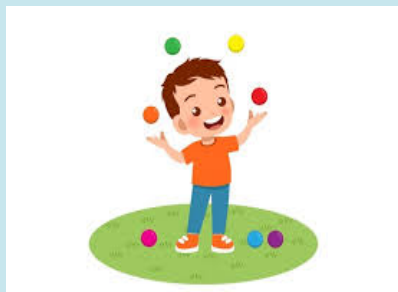




## Why does trying new things matter?



- Good to keep learning new things, for the body and the mind.
- You might find something you like more than what you do already.
- You might find new friends, go to new places or develop new skills.

## Questions to ask the class



- When was the last time you tried a different sport or activity?
- Was it hard to start with but got easier the more you tried?
- Did it feel good to learn something new?

## Try these ...



- Try a different club at school or in your community.
- Think of a different game to play at playtimes.
- Try a different skill in a game you already know eg. Dodging differently in tag or football.
- What will you try next?