

## What I Learned

In the template below, design a bookmark including your favourite things that you have learnt from this A Lust For Life Schools Programme and your memories from some of the lessons.

Chat with an adult at home about the different things you have learnt and what you would like to remember from the programme.



### My ALFL 5 Ways to Feel Good



1. School/Work



2. Sleep



3. Being active



4. Eating healthy



5. Play