Find the prototyping pieces and baseplates from the Explore set.

- List different ways you like to play and get your body moving.
- Where do you like to play and be active?
- What games do you like to play?

- Pick your favorite activity and draw a picture of yourself doing it. Show where you are.
- Draw how you would build a LEGO® design of this activity.
- Build a design of your drawing on your own baseplate.
- Share your drawing and what you built with your team.

Getting moving helps your heart get healthy and strong!

I like to run at the dog park!

When you get moving, your heart rate goes up.

SESSION 1 WHOLE TEAM

THIS IS ME: