**Benefits of Physical Activity**  Group Names\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Take turns identifying and recording a physical activity that you enjoy. Then work together to think of the physical, mental/emotional, and social benefit of each activity listed. Record these in the appropriate columns.
2. Choose one of the activities on your chart. Using markers or colored pencils, create an ad that illustrates the physical, mental/emotional, and social benefits of that activity. Present your ad to the class

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| Activity | Physical | Mental/Emotional | Social |
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