

# #GetHullActive

## Motivations to being active

What are the things that encourage you to be active?

Get to spend  
time with friends

Improve my  
health and fitness

Get to spend  
time with family

Escape worries  
and stresses

Get out in the  
fresh air

To improve the  
way I look

To improve the  
way I feel

Belonging, to a  
team or group

To make new  
friends

To develop new  
skills

To compete

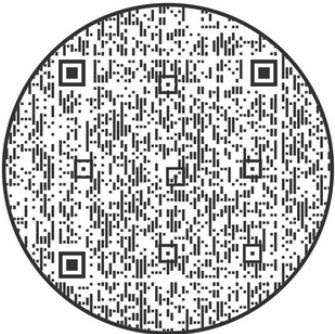
I love sport

Add them in order to this diamond...put the biggest motivator at the top.

Discuss with friends, family, teachers, youth workers, what could you do to be more active be more active.

**For Staff/ Carers / Parents**

Please take a picture of this sheet and share with StreetGames so we can capture the feedback. Scan:



or email [Kate.Roberts@StreetGames.org](mailto:Kate.Roberts@StreetGames.org)