

# WHAT'S IT LIKE TO BE ACTIVE?

## ACTION VERBS

explain what a subject is doing.

**LINKING VERBS** tell us more about the subject, like how it feels or smells.

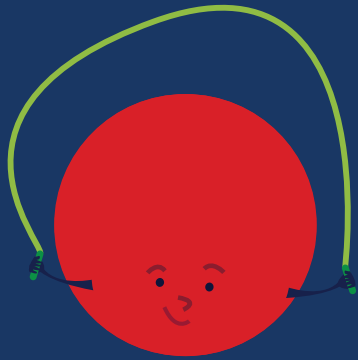


When I **walk** in a new park, I **become** curious.

When I **swim** in the pool, I **feel** weightless.



When I **jump** extra high, I **seem** taller.



When I **skate** around the rink, I **am** happy and carefree.



**TIP:** To be healthy and strong, get at least 60 minutes of physical activity each day!



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