

My Rocket Fuel

An activity from Leo and his Rocket Heart by Robin Ashlin

Leo's heart is a rocket engine — and nobody calls a rocket broken because it's powerful. It just needs a launch pad and a flight plan. Here's yours.

- 1 Draw yourself as a rocket. What does your engine look like today — fizzing, glowing, ready for lift-off?



My fizzy fuel burns off when I...
(running? bouncing? climbing? dancing?)

- 2 Plan your movement breaks. Pick two times in your day for a fuel burn — before school and after tea work well.
- 3 Practise the Landing. When your rocket needs to come down: breathe in slowly... and count down out loud.



...touchdown. Feet on the floor, breathe out.

"You don't turn it off — you learn to fly it." — Leo