

# Premier League Wellbeing Stars Summary for parents

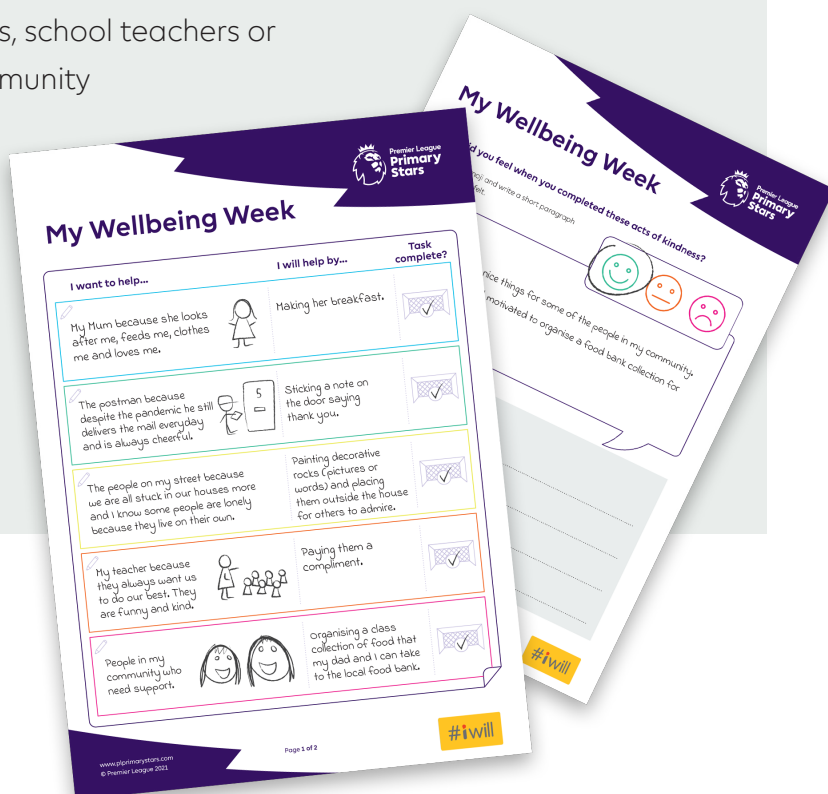
**Premier League Wellbeing Stars** is a brand new social action challenge from the Premier League, which encourages young people to spread wellbeing within their communities. Read more to learn more about the challenge and what social action is.

It is open to all children in England and Wales aged between 5 and 11, and children can take part at school or at home. They can work individually or in teams of up to five.

## How to participate in Premier League Wellbeing Stars

Over the past year people across the UK and the world have come together to support others when they've needed it most. It has been incredible to see all the great things that people have done to help each other over the last year. The Premier League is launching this challenge to keep that momentum going.

- To take part in the challenge, children should create a Wellbeing Week plan using the **Wellbeing Week template**, detailing five kind acts they will do to help the people around them.
- They could help friends, family members, school teachers or classmates, or people in the wider community who are in need of support.
- Take part and simply send in your child's completed **Wellbeing Week template** using the **Premier League Wellbeing Stars parent entry form**. Let us know the name of your child's school as all rewards will be sent to schools.



# Premier League Wellbeing Stars Summary for parents

## Rewards

- All participating schools will be rewarded for their efforts with a copy of the **Premier League Wellbeing Stars school calendar**, which will showcase a selection of the positive social action that has taken place.
- Three lucky schools will also receive an exclusive visit from the **Premier League Trophy** as a reward for participating in the challenge.
- Virtual appearances and messages from **surprise Premier League guests and famous faces** to keep children motivated and inspired to take action.

## What is social action?

- When individuals or groups take practical action to help other people, it is called '**social action**'.
- **Marcus Rashford**, a Manchester United player, has been an inspirational **social activist** during the COVID-19 pandemic.
- He led a national campaign to raise awareness of poverty and child hunger, inspiring small businesses, communities and politicians to take action all over the country.



## What is wellbeing?

Wellbeing means feeling happy and healthy in your body and mind. The following things can boost wellbeing:

- Socialising
- Talking and sharing feelings
- Going for a walk outdoors
- Playing a sport
- Relaxing
- Being creative
- Learning something new
- Making healthy choices
- Doing things for others

## Premier League Wellbeing Stars Summary for parents

### How can we help to boost the wellbeing of other people?

Discuss ideas with your child about what things they could do as part of their wellbeing week for example:

- Write a letter to an elderly person
- Walk your neighbour's dog
- Create an art window for passers by
- Create a food box for your local food bank
- Make breakfast for your family
- Start a campaign or petition
- Make a thank you card
- Help with doing shopping for a vulnerable person
- Invite someone new to play
- Pick up litter
- Pay someone a compliment
- Help at home with housework
- Paint rocks or stones to decorate your school.

Remember - the actions detailed in the Wellbeing Week plan can be big or small.

Remind children to carry out their wellbeing acts in accordance with the current COVID-19 guidelines.

Once children have completed their tasks, they should tick them off on the **Wellbeing Week template**. You can submit their template via the Premier League Primary Stars website using the parent/carer entry form. Good luck!