

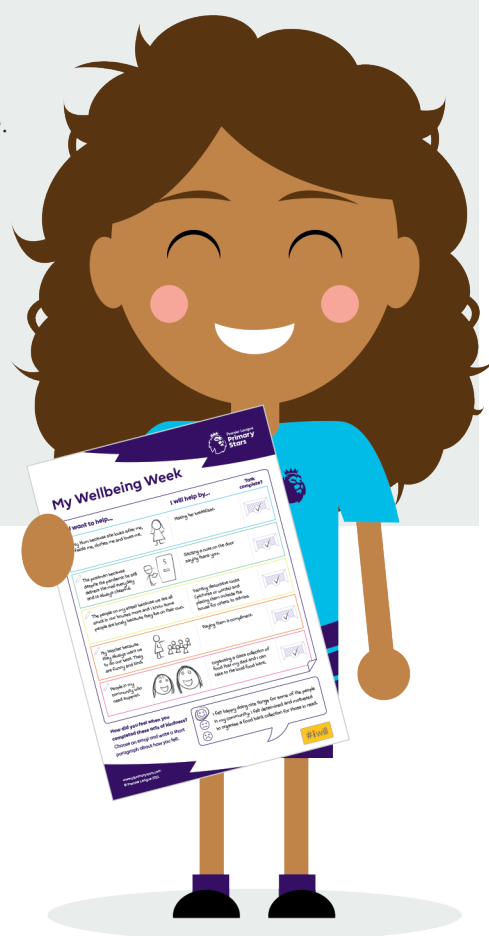
Premier League Wellbeing Stars My Wellbeing Week

Instructions

Are you ready to take part in the Premier League Wellbeing Stars challenge?

This Wellbeing Week template will be your entry to the challenge.


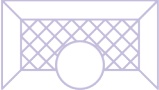

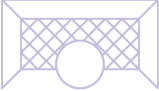

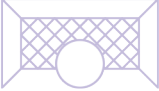

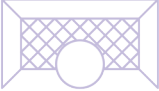

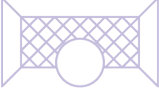
- To take part in Premier League Wellbeing Stars you need to think of five kind things that you can do to help other people.
- Using the template, below, note down who you are going to help and how.
- Once you have completed your tasks, tick them off.
- After you have completed all of the tasks, have a think about how it made you feel and complete the reflection question on the template.



Remember - even a **small** act of kindness towards another person can have a big impact.

Good luck!

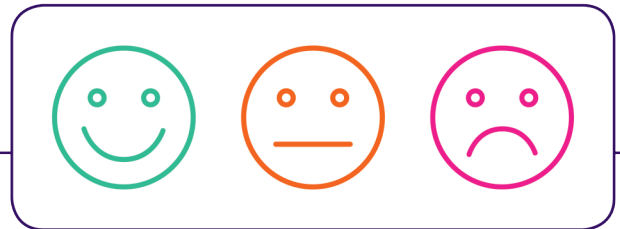
My Wellbeing Week


I want to help...	I will help by...	Task complete?
		
		
		
		
		

My Wellbeing Week

How did you feel when you completed these acts of kindness?

Choose an emoji and write a short paragraph about how you felt.





[Large empty text box for writing a paragraph]

Now tell us about you.

Your first name, and the first letter of your surname

.....

What year are you in and how old are you?

.....

Who is your teacher?

.....

What is the name of your school?

.....