

NOTICE

SHARE YOUR CREATIVITY WITH US -
CREATE A PICTURE/PAINTING, COMIC STRIP,
POEM OR PIECE OF MUSIC, THAT EXPRESSES
HOW COVID HAS MADE YOU FEEL &
TELL US WHY YOU THINK YOUR CREATION
EXPRESSES HOW YOU FEEL IN NO MORE
THAN 50 WORDS.

GIVE

NOMINATE SOMEONE YOU KNOW (A FRIEND,
FAMILY MEMBER OR TEACHER) WHO HAS
DONE SOMETHING KIND FOR OTHERS DURING
COVID. TELL US IN NO MORE THAN 50 WORDS,
WHY YOU THINK THEY DESERVE TO WIN OUR
FIRST EVER 'KINDNESS' AWARD.

FIVE WAYS TO WELLBEING COMPETITION

SCHOOLS AND COLLEGES CAN GET
INVOLVED IN ANY OR ALL OF THE
BELOW FIVE WAYS TO WELLBEING
COMPETITIONS DURING JUST TALK
CAMPAIGN WEEK 2021

BE ACTIVE

DESIGN A FUN 5 MINUTE GAME THAT
HELPS YOU TO BE ACTIVE, AND CAN
BE PLAYED WHILST SOCIALLY
DISTANCING

LEARN

WRITE A SHORT ESSAY OR POEM
(NO MORE THAN 250 WORDS)
ABOUT HOW DIFFERENT OUR POST
COVID-19 LIVES MIGHT CURRENTLY
LOOK IF THE INTERNET HAD NEVER
BEEN INVENTED.

CONNECT

CREATE A CATCHY SLOGAN OR SONG
ABOUT THE IMPORTANCE OF LOOKING OUT
FOR YOUR FRIENDS

#JUSTTALKWEEK2021