



TAKE NOTICE

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



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.



BE ACTIVE

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



CONNECT

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

#JUSTTALKWEEK2021