

# KICKS

## PREMIER LEAGUE KICKS WELLBEING CHALLENGE



Albion in the  
Community

There are lots of different things you can do to make sure your body and mind stay healthy and match fit. It is important to look after your wellbeing – and help support other people.

We've set 25 challenges for you to complete. You could try doing a different one each day or spacing them out if you prefer. You can also create your own challenges and share them with friends.

**Connect:** Spend time with family and friends. Enjoy doing things together and talking to each other.

**Be active:** Getting active keeps you physically healthy and makes you feel good.

**Take notice:** Take a deep breath to see how you feel. Look around and see what's going on and listen and see what you can hear.

**Learn:** Try something new, like a new hobby, or learn something because it interests you.

**Give:** Do something for a friend or relation. As well as making them feel good it can make you feel good as well.

Complete an online workshop or course.

Three-day reflection #1: write down one thing per day that you have done for someone else.

Kicks Triathlon: walk two miles, run one mile, and cycle / scooter / rollerblade three miles. Do one activity a day for three days.

Call a different person each day for five days.

Learn how to cook a new recipe.

Call a friend you haven't spoken to for a while.

Create your own exercise circuit, e.g. push-ups and sit-ups.

Learn how to play a new board game or card game.

Help someone with their homework or housework.

Complete an Albion in the Community YouTube skills challenge.

Three-day reflection #2: write down one thing per day that someone has done for you.

Be creative - can you make something new?

Use a relaxation app, or find and use a relaxation video on YouTube.

Write a letter to a neighbour.

Do something for someone to make them feel good.

Make a gift for someone in your family.

Play a board game or card game with your family.

Do three online exercise classes in one week.

Consider someone else, e.g. let someone else watch what they want on TV.

Count your breaths for one minute.

Do one activity a day for three days.

Check on a neighbour and see how they are.

Discuss your targets with your Albion in the Community coach and talk about how you are progressing.

Complete an online Albion in the Community worksheet or activity.

Use a different way to connect with someone each day for five days, i.e. phone call, WhatsApp, writing a letter, leaving a note, or online gaming.