

WIC^{ETZ}

STAYING ACTIVE
AT HOME PACK

WEEK 3

Supported by players of



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LORD'S TAVERNERS
Giving young people a sporting chance

Parent/Guardian/Carer/Support Worker notes

During these uncertain times, we have created a Wicketz cricket survival pack!

We hope these activities will keep our Wicketz participants busy, active and enthused about cricket during these long days!

We will release a new challenge or task each week for you to enjoy at home and once you've completed each challenge please send your entries to contact@lordstaverners.org and feel free to share photos or videos of your tasks on social media while tagging the Lord's Taverners.

If you have any questions about the challenges, get in touch with Dan Wilson, Wicketz Programme Manager via email: dan.wilson@lordstaverners.org

Good luck!

Lord's Taverners Social Media channels

Facebook – facebook.com/thelordstaverners

Twitter - twitter.com/lordstaverners (@LordsTaverners)

Instagram - instagram.com/lordstaverners (@lordstaverners)

CHALLENGE 3

WICKETZ VALUES CHALLENGE

There are many values that Wicketz looks to encourage participants to uphold. Below are three of those key values:

HELPING OTHERS

RESILIENCE

DETERMINATION

For each of these three key values, can you:



- Find out what each value means
- Think of an example where somebody has shown one of the three values, this could be in a cricket match or any other context
- Think of an example where you have demonstrated one of the three values



Can you write about, draw, video your responses to the challenges above. All entries will be looked at and there will be a prize for the person who sends back the best entry.

CHALLENGE 3

POSITIVE MENTAL HEALTH

It is easy to find yourself focussing on the negativity that is surrounding the current situation that the world is facing, and forget about all the positive things we have. It is really important to talk to others about the good things that happen each day. Our challenge to you is to talk about those positive things with your family or anyone else you are at home with. This can be done when you have dinner or when you are sat together watching the TV.

Ask each other 3 questions:

- **What have you done today to make somebody else smile?**
- **What has someone done for you today to make you smile?**
- **What have you learnt today?**

We would love to hear from you about this, so if you are happy to video this conversation or send us a message with answers to the question we would love to share the positivity with the entire Wicketz community!