

STAYING ACTIVE AT HOME PACK









Strain F

LORD'S TAVERNERS Giving young people a sporting chance

Parent/Guardian/Carer/Support Worker notes

During these uncertain times, we have created a Super 1s cricket survival pack!

We hope these activities will keep our super Super 1s 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 for those of you who complete every challenge, you will receive a certificate congratulating you for all the work you've done during this period.

Once you've completed each challenge please send your entries to <u>contact@lordstaverners.org</u> 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 Mark Bond, Super 1s Programme Manager via email: <u>mark.bond@lordstaverners.org</u>

Good luck!

Lord's Taverners Social Media channels

Facebook – <u>facebook.com/thelordstaverners</u> Twitter - <u>twitter.com/lordstaverners</u> (@LordsTaverners) Instagram - <u>instagram.com/lordstaverners</u> (@lordstaverners)

CHALLENGE 4

CREATIVITY



Create a team name for your Super 1s Hub and design either:

- A logo for your new team
- A mascot for your new team (that embraces the Spirit of Cricket)



Design some cricket gear for your brand new Super 1s Hub team using the logo you made in the last challenge. (Use the templates at the end of this booklet to help you!)

- Cricket bat + stickers
- A cricket shirt
- A cricket cap

CHALLENGE 4

ABOUT CRICKET



What do you do when you feel most isolated/ bored/frustrated/cooped up?

How does this help you deal with social isolation?



Has being part of Super 1s helped you feel more included?

Circle the face that best describes how you feel.





14

Has being part of Super 1s helped you to make new friends?

Circle the face that best describes how you feel.







