

WICKETZ

STAYING ACTIVE
AT HOME PACK

WEEK 5

Supported by players of



Awarded funds from



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 Henry Hazlewood, Head of Cricket Programmes via email: henry.hazlewood@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 5

HEALTHY EATING

In order to be able to perform at the optimum level in any sport, it's vitally important that you have a well-balanced diet. On the page you will see a link to the Eat Well plate, can you have a look at the different food types on there and have a think about whether your diet reflects the recommendations?

Eating too much sugar can make you gain weight and can also cause tooth decay. Are you eating too much sugar? Once you have found out the daily recommended amount of sugar in your diet, can you find out how many sugars are in the following items:

- A full fat can of fizzy drink
- A large milkshake
- A bar of chocolate
- A piece of flapjack (120g)

Our main challenge for this week is to complete a food diary for 7 days and send it back to us. If you can, we would love to see you break this down in to each meal and snack and whether you feel that your diet is well balanced?

All complete entries will go into a **prize draw** to win an **England world cup shirt!** You must return by Friday 29 May to enter.

If you are able to, we would love to see you helping out in the kitchen at home and sharing what it is you are eating and any recommendations that other Wicketz participants can try and cook at home (once you've checked with your responsible adult).

CHALLENGE 5

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!