

Consider the five ways to wellbeing throughout your chosen activity:



Take part in individual skills challenges / events. Can you go faster, higher, stronger?



Encourage each other to improve your Personal Bests (PBs)



Show your acts of kindness through support for each other



Make a note of the progress and improvement you each make



Learn new skills and see self-improvement through preparation and practice

## Choose



## Challenge



## Capture

**Choose** your event, these are just a few ideas:

**Challenge** yourself, your family, your friends:

**Capture** it, create memories and celebrate. Why not...



Take photos, videos and make memories. We would love to see them. [#NSSWtogether](#)

**Sky Sports Scholar**

**Samantha Kinghorn, wheelchair racing**

"Sport is amazing!

Give everything your best, try new things and never give up."