

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

BE A GOOD SPORT



SPORT RELIEF

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BE A GOOD YOU!
YOUR TASK GUIDE



BE A GOOD YOU

You've done some serious good by signing up for this challenge and so, our final task is all about our number one Sport Relief Supporter - you!

Being healthy isn't just about being sporty and eating well. There are lots of different ways to help your mental health, improve your wellbeing and be the very best version of you.

Dr Ranj knows all about the importance of keeping a healthy mind:

"My name's Dr Ranj; I'm a doctor and you may have also seen me on Strictly Come Dancing or maybe CBeebies too! It is so important to try and have a healthy strong body, but it's also important to have a healthy mind.

There are lots of things you can do to look after your mental health, from speaking to someone you trust, to being kind to yourself, to taking time out to breathe. I like to put on my favourite music and move around. It could be anything from walking and running to cycling and dancing! To complete the task for 'Be a Good You' take some time for your mental health, record whatever you can do and how it went!"



INSPIRED?

To complete your **'Be a Good You'** task:

Do something that helps you to be the very best version of you. Go for a walk, practice some mindfulness or take some time to do the things you love with the people you care about. Whatever you do make a note, draw a picture or pop a photo on your activity checklist and tick that box!

Go on, Be a Good Sport!

