

Healthy Lifestyle Challenge

Create a video to highlight ways that you have maintained a healthy lifestyle during lockdown. You could even share this to inspire others!

5 ways of wellbeing:

1. being active



Grab a device you can film on



2. connecting with people

Introduce yourself and your story to the camera



3. giving back to others



Second Step -

follow each stage to help tell your story... the more information the better



Write short and interesting sentences, say the important stuff first

Third Step -

Remember!

Inspire your friends and family by sharing your story with them



4. taking notice to your feelings



Record it more than once

5. learning new skills



Sign off and say thanks!



Hints and Tips -

Getting started
You'll need a camera, mobile, tablet or computer

The Script
write short but descriptive sentences

Piece to camera
Your close-up, talk directly to the camera

Voiceover
Don't just tell your story, show it with images and videos