Take Five... Ways to Wellbeing

StartNow Web Content Competition

The young people involved in HSK Youth in Cornwall have created their own website to support wellbeing:

www.startnowcornwall.org.uk

They would like **your ideas** for web content about **Self-Care ideas & Coping Strategies** when things get tough...

Content can be:

* Artwork / drawings / cartoons
* Photographs
* Music
* Poetry
* Animation (Max 2 minutes long)
* Short films (Max 2 minutes long)
* Blog
* Book reviews (of books that have helped you)
* Or a list of great ideas that have worked for you

The best ideas will be featured on the website & entered into a **prize draw**.

20 lucky winners will receive a £25 gift voucher

The school judged to have entered the best overall submission will win £500* .

***to add to existing funding from Headstart Kernow to support student led wellbeing activities**

Entry Form and full details can be found on the website along with the dull but important bits like Terms and Conditions / Privacy notice etc.

Note: Individuals can enter without being part of a school submission.

Start Now.

www.startnowcornwall.org.uk

hskyouth

HEADSTART KERNOW