

WEDNESDAY'S CHALLENGE



Task: Complete our colouring task, also can you learn something new from our fact files about famous people who have used their experiences to grow.



#MentalHealthAwareness #LetsTalk

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GROWTH STORIES



Sky Brown

The youngest ever olympic medalist at 13.

BBC sports personality of the year.

Sky has suffered lots of injuries and failure in her sport, she has used these to inspire her to keep working hard to learn new skills and be the best she can be.

Even though she has achieved so much, she now wishes to be equally successful in surfing and new sports too.

Andy Lewis

Multi winning gold medalist triathlete.



Andy struggled in school with mental and physical health yet loved physical activity.

When he was 16 he was in an accident and lost his leg, he had to learn to walk again.

He then went on to learn to run, cycle and swim well enough to be an olympic champion



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