

Learn a different language

There are hundreds of different languages used around the world; how about trying to spell your name using the British Sign Language alphabet?



A B C D E F



G H I J K L



M N O P Q R



S T U V W X



Y Z

Enjoyed this pack? How about trying out some more items on the list!

Be the Change Go vegan for a week, Join a beach clean up, Reduce your carbon footprint, Campaign!

Be Playful Learn to play a new game, Beachside sports!, Tackle the Leigh steps!, Complete a wildlife hunt.

Be a Risk Taker Stay offline for a day, Write to your local MP, Volunteer!, Have a difficult conversation.

Breathe Create a playlist to stay calm, Meditate in the park, Take a walk, Self-care.

Beat Your Own Drum Make a home movie!, Perform in public!, Look in the mirror every day and smile, Scrapbook from your past.

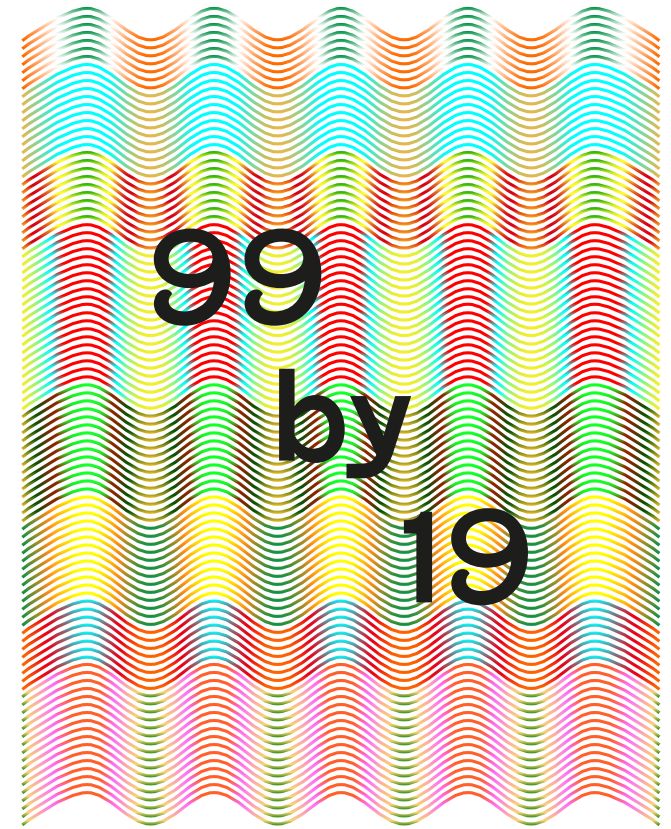
Thrive Start a blog, Meet someone doing your dream job!, Teach someone a new skill, Meet an Artist!

Be Curious Learn a different language, Join a club, Learn a new instrument, Read a book about someone of a different background.

Be Southend Create your own sports day!, Visit a gallery or museum, Learn the Southend stars!, Explore the coastline.

The Road to Now Find out about your family's past, Visit different places of worship, See historic Southend, Carry out investigative journalism!

Find out more by following @99by19 on Facebook, Twitter and Instagram!

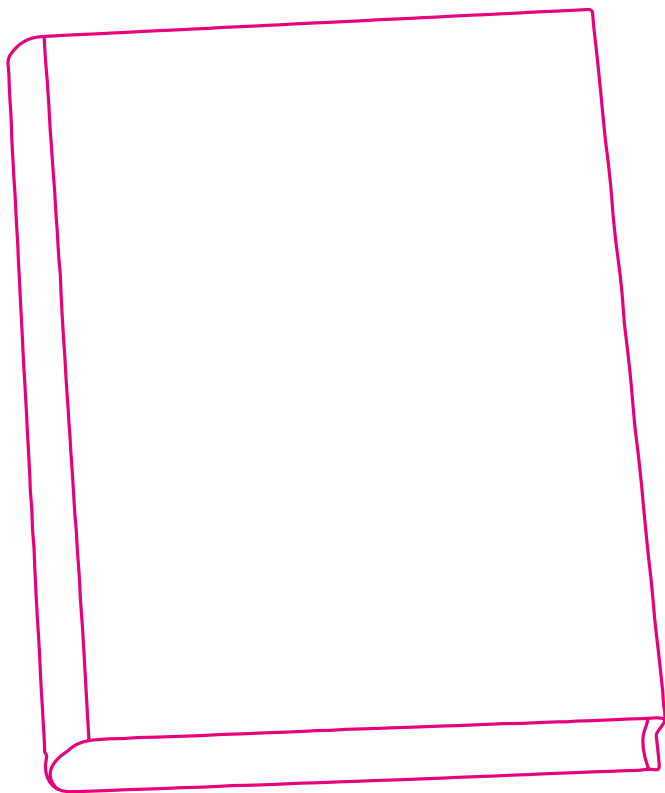


Activity Pack

A list of activities created by young people, for young people, of unique experiences to do in Southend. This activity packs helps you to get started!

Find out about your family's past

Now's the perfect time to talk to your family about how you came to live in Southend. Use the space below to create a comic book cover about yourself and living in Southend.



Task: Use some spare paper to carry on the story or draw out your family tree.

Learn to play a new game

Create your own deck of cards! Use the cards you have created to play a game called 'Heads Up!'

How to play 'Heads up!'

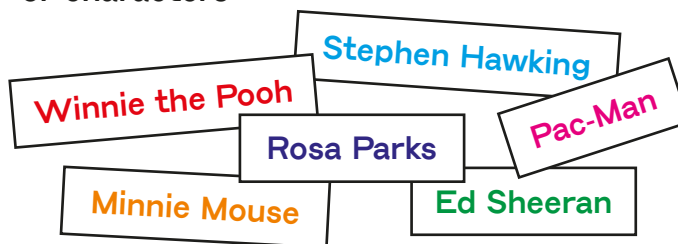
This game is great to play as a family or with two. On the blank cards write down a famous figure or a character from your favourite show.

After you have done this pass the card to another player and get them to hold the card on their forehead. It is important that the player does not look at the card.

The person holding the card asks questions about who the character could be and the questions can only be answered with a simple Yes or No!

Once the player has guessed the famous figure or character they win the round! Make sure you keep a tally of who has won each round.

Some examples of famous figures or characters



Create a playlist to stay calm

Creating a playlist to stay calm is good for your wellbeing. Use the space below to write down all your favourite songs and sounds.
