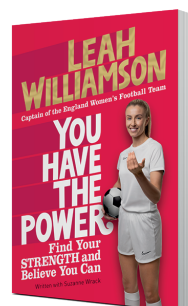
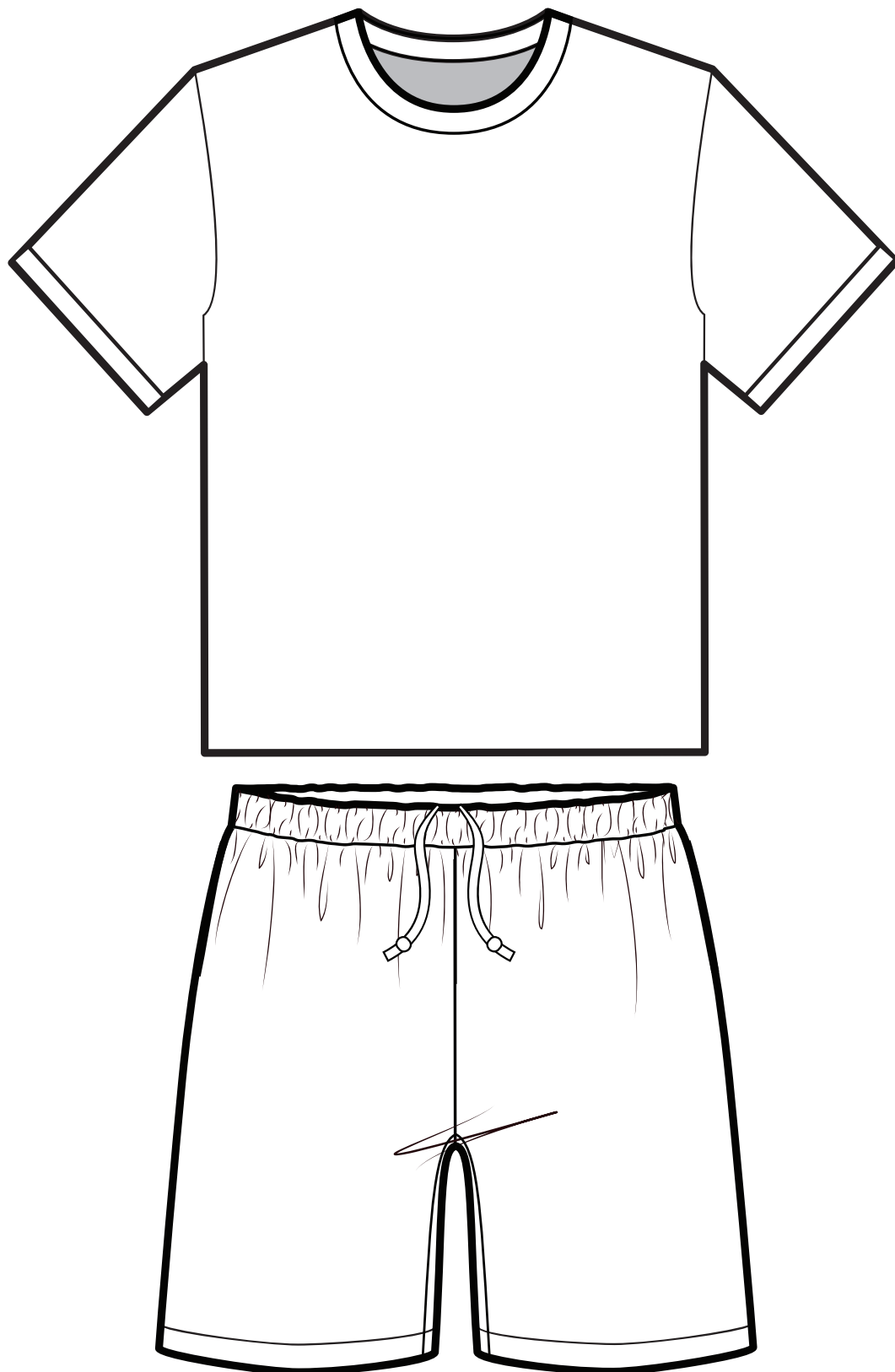


Design Your Dream Football Kit

Wearing a shirt to support your team can be a powerful statement! What would you like your dream football kit to look like? Draw your design below.



CAPTAIN

STICK OTHER END HERE

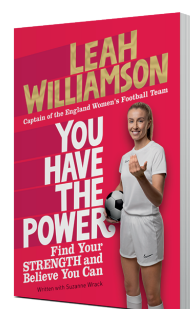


Create your own Captain's Armband

Once you've designed your kit, cut out your captain's armband and add a design to support a local cause close to your heart.

Always remember...

**'I have the power to
make a difference in
my own community.'**



Find Your Strength and Believe You Can

Here are Leah's rules for believing in yourself. Colour in each trophy when you think you've put each rule into action!

BINGO!

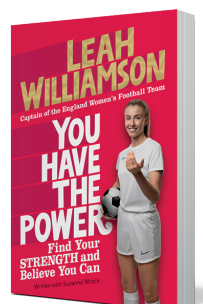


- 1** Embrace the things that make you unique.
- 2** Don't be afraid to do the things you love.
- 3** Push yourself outside your comfort zone.
- 4** Don't measure your success against other people.
- 5** Allow yourself to be vulnerable. It's a strength not a weakness.
- 6** Don't be afraid of big risks. They mean big rewards.
- 7** Only attempt to control the controllables.
- 8** Don't just fight for your own success, help to raise others up, too.
- 9** Trust the process and back yourself.



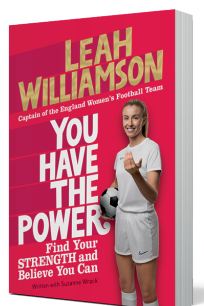
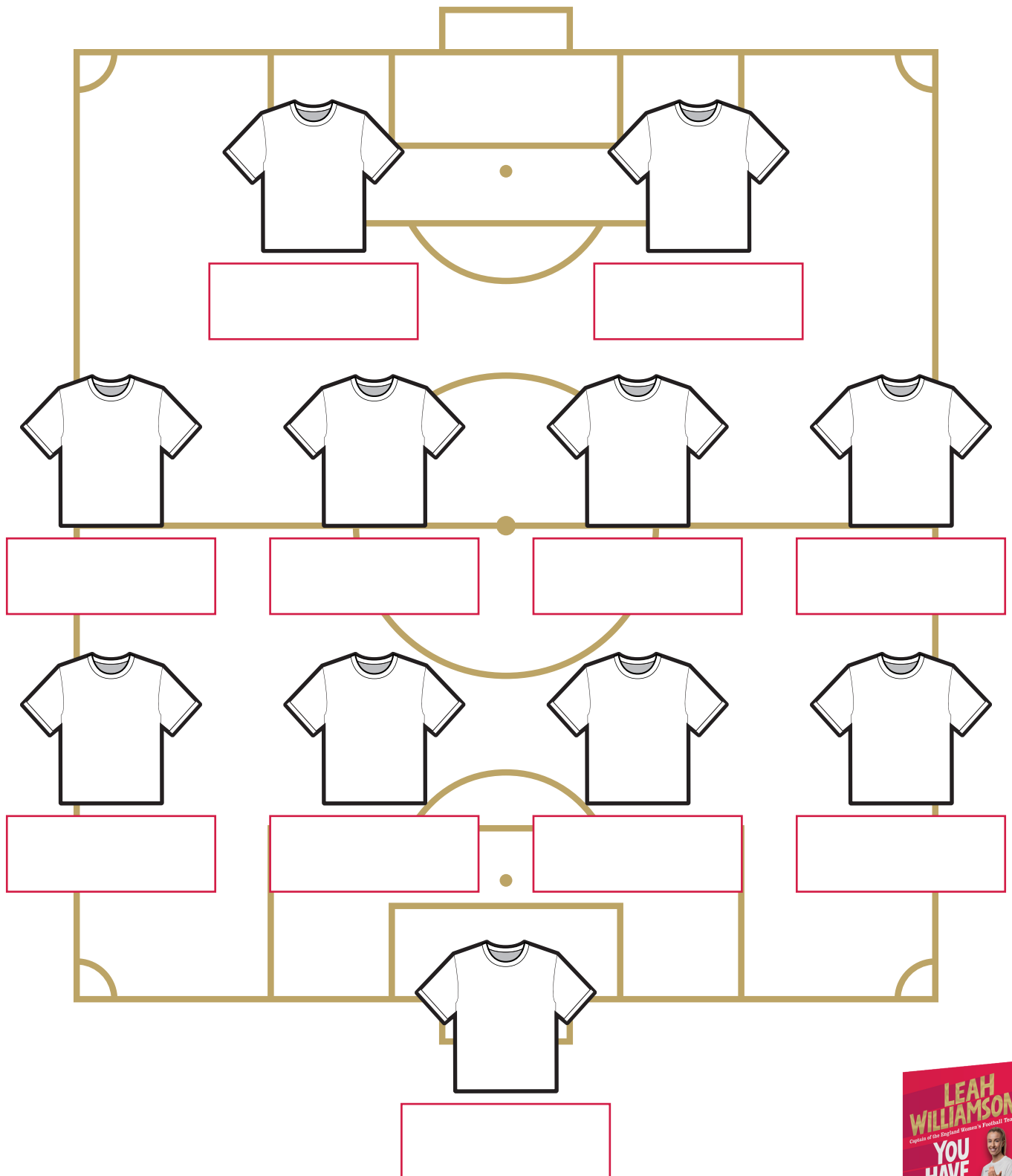
And don't forget the most important rule:

Love yourself and be your own best cheerleader.



Build Your Support Squad

Who is in your corner? Time to create your fantasy football team with all of the people in your life who have got your back. Think about your friends, family, or the people you look up to. Which position would you want them to play?



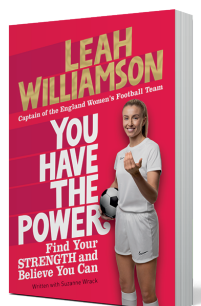
Pick your playlist!

Leah loves to play music before a match to help build team spirit.

What songs are on your mood boosting playlist?

Pick the top ten tracks that make you feel invincible.

	Song name:	Band or Artist:
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



You Have The Power

In a team of up to six people, pass this sheet around and take turns filling in a hexagon on the football with your name and the words you can think of that describe your own personal power. Once everyone has added their word to describe themselves, go around again and add another word to describe your friend. Keep going until the whole group has added a word for each person. Why not display your completed football at your club or school?



Tip: Print out as many of these sheets as you need so that everyone in the group can take part!

