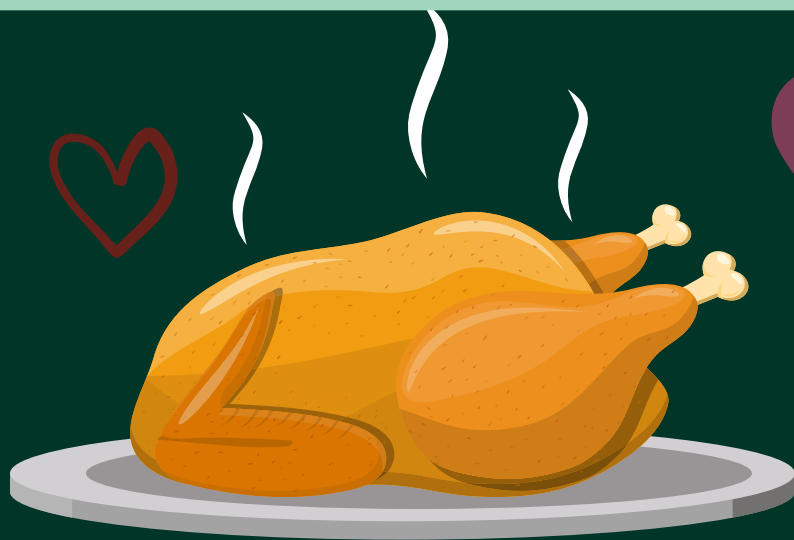




SURBITON
HIGH SCHOOL



N - Involvement

BE PART OF SOMETHING BIGGER



To be involved and involve others in everyday life can provide a purpose, feeling of happiness and prevent stress, worry and anxiety. We might all have different way to feel involved, so try out one of the idea around the outside of this box or if you can think of anything similar then set your self a goal to pursue it.

Does your family have any traditions? Why not start one if not and create and organise a family day full of what your family enjoys the most.

Is there a school project you could be become part of? It could be helping the local community or putting yourself forward for a form responsibility

Organise and plan a run/jog with your friends

Why not take responsibility for a task at home? Could you be in sole charge of the weekly shopping list, for unloading the dishwasher or talking your dog for a walk every day?



Help a sibling to tackle a difficult homework task or question

Join a sports club in school or even consider looking at local sports clubs close to you. Is there a sport you have always wanted to try?



Go and kick a football around with your brother/sister/dog/friend in the park for 30 mins

Do you have a religious belief? Are you part of a religious community? If not, research into if you could join a local community surrounding your belief.

