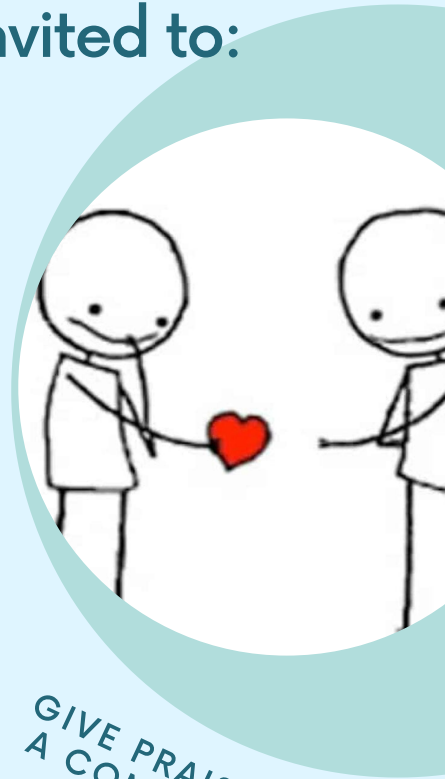


WELLBEING WEEK 21st-25th JUNE

TKAT colleagues and pupils are invited to:

Pay It Forward

Please join in and do something kind for another person during our Wellbeing Week.
Doing good makes you feel good!



WRITE A GRATEFUL
ONLINE REVIEW FOR A
SERVICE OR EXPERIENCE

SEND AN UPLIFTING
TEXT TO A FRIEND

MAKE YOUR
COLLEAGUE
A COFFEE

DONATE PET FOOD OR
TOWELS /BLANKETS TO
AN ANIMAL SHELTER

LET SOMEONE GO
AHEAD OF YOU IN THE
SUPERMARKET QUEUE

GIVE PRAISE OR
A COMPLIMENT

HELP A NEIGHBOUR
WITH THEIR SHOPPING

1

Do a good deed for a friend or colleague

2

The recipient then does a good deed for someone

3

Share pics of your good deeds on Twitter

Please share your kind deeds on
Twitter and tag @TKATAcademies
Use the hashtag
#TKATWELLBEINGWEEK

