Active Essex

Lots of people, including some children, feel sad or worried a lot. What could we do to help everyone feel happier and calmer?

We want more young people to work in sports jobs like coaches or helpers. How can we make these jobs fun and exciting so more kids want to work in sport?

Some young people spend time on the streets and sometimes get into trouble. How could sports and games help them stay safe and have fun instead?

Sometimes grown-ups don't know what kids really want to help them be healthy and active. How can adults listen better and understand what kids think?

We'd love people to walk or ride bikes more instead of always using cars. What cool ideas could make walking and cycling more fun for everyone?

Hospitals and doctors are really busy and sometimes need extra help. What ideas do you have to make things easier for them? If you was in charge of the NHS, what would you do to help?