

# LEARNING FROM HOME PACK

NAME:

Teacher:

Class:



LEARNING OBJECTIVES

LEARNING OBJECTIVES

LEARNING OBJECTIVES

# PRIMARY KS2

# ESCAPE ROOM



CREATIVE CURRICULUM



CREATIVE RESOURCES



# PROGRESS PASSPORT 2020-2021

SCHOOL:



## TARGET SETTING 2020 -2021

|  |   |
|--|---|
| <b>Target 1</b><br>Target I would like to set myself linked to my school life        | E.G <i>I will try to focus more in my Music lesson</i>                                  |
| <b>Target 2</b><br>Target I would like to set myself linked to my home life          | E.G <i>I will try to do more chores around the house or keep my bedroom tidy</i>        |
| <b>Target 3</b><br>Target I would like to set myself linked to my personal wellbeing | E.G <i>I will take time to enjoy watching either the sunrise or sun set once a week</i> |

Who can help you to achieve these targets?



How are you feeling?


|   |   |
|---|---|
| What are you most excited about this year?<br> | 1 |
|   | 2 |
|   | 3 |
| Best friends name(s)  |   |
| What are you most nervous about?<br>         | 1 |
|   | 2 |
|   | 3 |

Attach or draw a photo of yourself

SURNAME:  
 FORENAME:  
 PREFERRED NAME:  
 DATE OF BIRTH:  
 NATIONALITY:  
 AGE:  
 FAVOURITE SPORT  
 FAVOURITE FOOD:

Attach or draw school logo

## ACADEMIC PROFILE

|   |   |
|---|---|
| Favourite Subjects  | 1 |
|   | 2 |
|   | 3 |
| Strongest subject   |   |
| Subjects you would like to improve<br> | 1 |
|   | 2 |
|   | 3 |

## DESIGN CHALLENGE

Design a Brand new Pair of /boots that reflect your own identity

Make sure you find out at least the following things:

- ✓ Favourite colours
- ✓ Favourite hobbies
- ✓ How they plan to wear the boots
- ✓ Personal style towards fashion
- ✓ Favourite shoe brands

Using the outline below design them some bespoke new boots





# Tips for managing anxiety with Covid-19 (Corona virus)



## Self-care

Introduce activities/times to help you relax and reduce any anxiety/worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, anything that you enjoy and find pleasure in!



## Routine

We are all used to routine, be that going to work or school or getting up at particular times. If you are now working from home, in self-isolation or home-schooling children, try and create a routine or plan each day as it comes. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching the tv and doing household activities.

## Social media

For some social media is highly important in keeping connected and in touch with family/friends/vulnerable people. But it can also be a source escalating your worry. Consider whether it might be better to reduce social media use, perhaps by time (10 minutes at a time) or only at certain times of the day (when taking work/school breaks).



*This is not an exhaustive list but just some suggestions that may be helpful!  
Please keep up to date with government guidance and take care of yourselves.*



# Tips for managing anxiety with Covid-19 (Corona virus)



## Time and space

Give yourself a space to worry: It is natural and normal to worry, particularly in times of crisis, however this can get the better of us. You could consider planning small time frames where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all consuming all of the time.

## Exercise

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the body coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



## Support

If you have existing mental health problems reach out to your support network and professional if you have one. If these feelings are new also reach out to people that you find supportive. Many people are feeling the same way and it will help you to feel less alone. You can share your own tips for staying calm and managing the situation. If you don't feel that you have support you can text SHOUT for free from most UK mobiles, check out their website "[giveusashout.org](https://giveusashout.org)" for more information.



*This is not an exhaustive list but just some suggestions that may be helpful!  
Please keep up to date with government guidance and take care of yourselves.*

# TOWER ESCAPE

## PLAY GROUND



Remove one letter from each pair to discover the word. All the Words link to things you bring to school. Add the word to the list below

1 P/R E/I G/N C/T T/I L/P

2 B/A O/A O/H L/K

3 U/S N/A I/I F/B O/S T/R H/M

4 R/I I/U E/L E/R A/R

5 P/S/R P/A/E I/E/N

6 S/O R/H R/O I/E D/S



- 1
- 2
- 3
- 4
- 5
- 6





The information below matches up into pairs. Find the correct five pairs to then reveal the piece of information that is an imposter and should not be on the board



Odd one out =

### Bonus Question

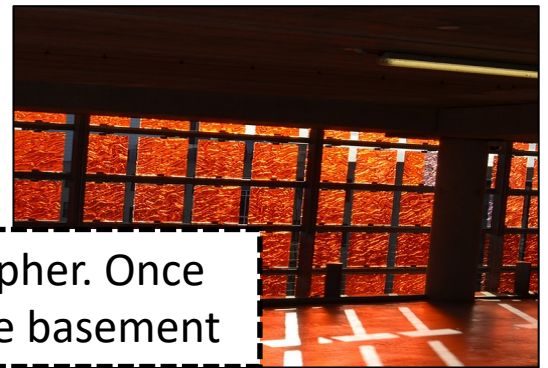
Can you tell me the three surnames of the scientists?

- 1.
- 2.
- 3.



# CYPHER ESCAPE

# NEVER ENDING BASEMENT



Solve the secret message which has been scrambled using a shift cypher. Once this message has been unscrambled you will know how to escape the basement

Rm cqaync rfgq zyqckclr  
wms ugjj lccb rm qmjtc rfgq  
pgbbjc. Cglqrcgl'q dyrfcp fyq  
rfpcc qmlq Bpyasjy, Kypw  
ylb?



ABCDEFGHIJKLM

H

NOPQRSTUVWXYZ

A

SOLVE THE RIDDLE BELOW

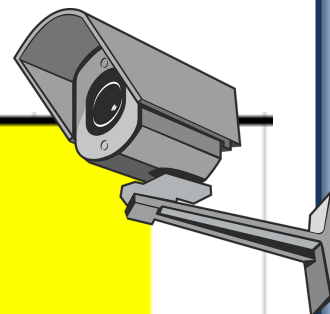
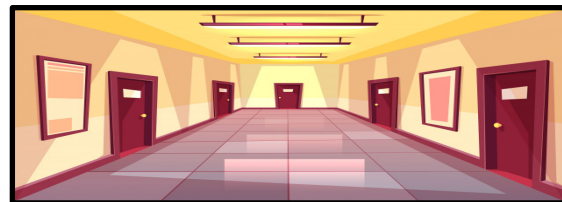
|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|

1234



# CYPHER ESCAPE

## HALL WAY F



|   |  |
|---|--|
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
|   |   |   |   |   |   |   |   |   |   |   |   |   |



|   |  |
|---|--|
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |



# TOWER ESCAPE

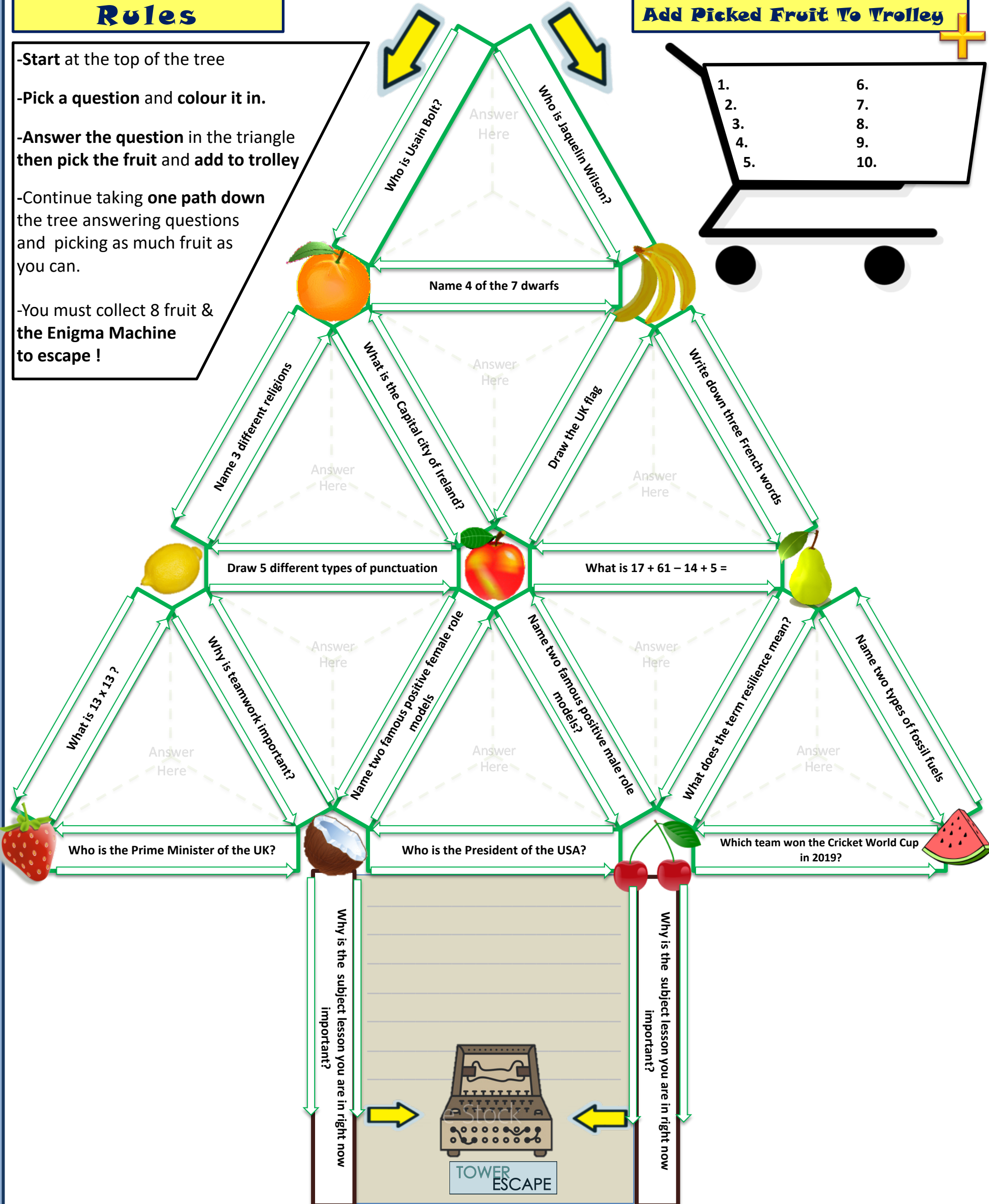
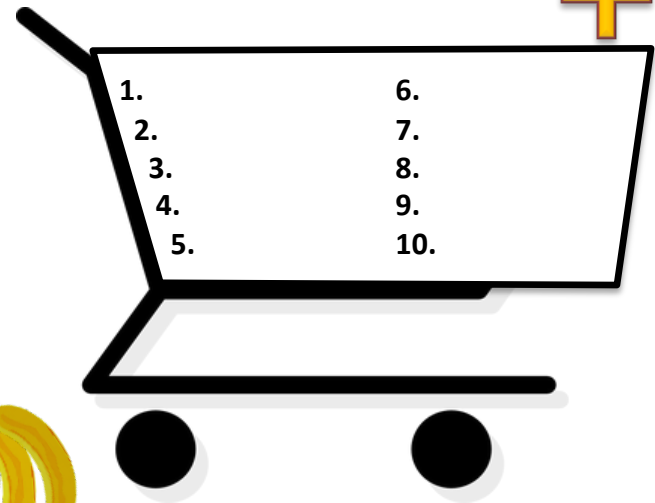
## LIBRARY



### Rules

- Start at the top of the tree
- Pick a question and colour it in.
- Answer the question in the triangle then pick the fruit and add to trolley
- Continue taking **one path down** the tree answering questions and picking as much fruit as you can.
- You must collect 8 fruit & the Enigma Machine to escape !

### Add Picked Fruit To Trolley



# ESCAPE ROOM

# OFFICE OF HEADMASTER



The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9. Solve this Sudoku to work out the 6 digit code needed represented by the six boxes a-f

|    |    |   |   |   |    |   |    |   |
|----|----|---|---|---|----|---|----|---|
| 7  | 5  | 4 | 8 |   | A= | 1 |    | 3 |
|    |    |   | 7 | 1 |    |   |    | 9 |
| 1  | 9  |   |   | 4 |    | 8 | B= |   |
| 2  | 4  | 5 | 1 |   |    | 9 | 3  | 8 |
| C= | 8  |   |   |   | 3  |   | 6  | 7 |
|    | D= |   | 4 | 8 | 9  | 2 |    |   |
| 5  | 2  |   |   | 7 |    | 6 | 8  |   |
| 8  |    | 9 | 6 |   |    | 7 | E= |   |
| 4  | 6  |   |   | 2 | F= |   | 9  | 1 |



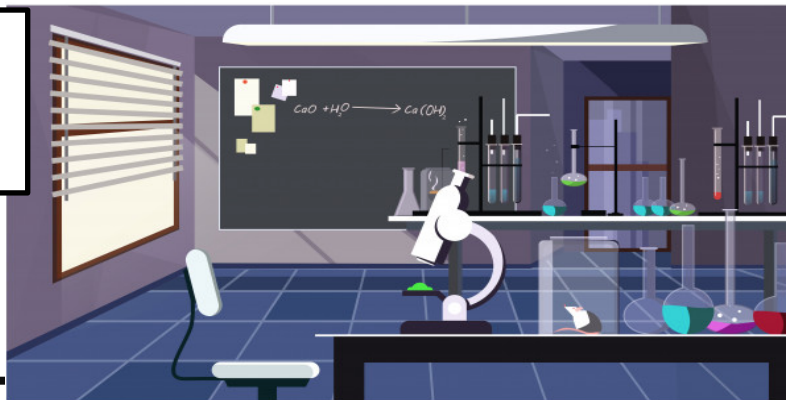
A =  
B =  
C =  
D =  
E =  
F =



# ESCAPE MAZE

# SECRET LABORATORY

Find the ten hidden school subjects below and then solve the maze to escape



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | S | C | I | E | N | C | E | X | E | W | N | I | T | E |
| W | L | X | M | L | Y | M | G | Z | Q | T | P | M | X |   |
| D | B | G | E | O | G | R | A | P | H | Y | L | V | O | J |
| Y | W | D | R | A | M | A | T | P | Q | E | V | Y | X | S |
| C | Z | K | X | W | U | K | H | U | T | N | S | C | T | Q |
| H | O | E | C | I | P | P | S | G | V | G | H | I | C | Q |
| G | M | M | A | Y | X | J | V | N | B | L | I | T | Z | E |
| D | N | B | P | O | U | V | S | S | P | I | S | I | B | D |
| B | P | M | X | U | K | I | C | T | G | S | T | Z | U | G |
| M | I | J | W | I | T | U | W | U | M | H | O | E | S | Y |
| R | Q | Z | P | I | D | I | R | V | O | O | R | N | I | Q |
| R | S | S | S | J | O | Z | N | F | C | J | Y | S | N | P |
| J | F | R | E | N | C | H | I | G | R | J | N | H | E | X |
| V | L | Q | H | P | R | S | Z | O | K | H | T | I | S | I |
| L | G | P | D | A | H | P | P | W | N | S | X | P | S | N |

## WORD SEARCH ANSWERS

1

2

3

4

5

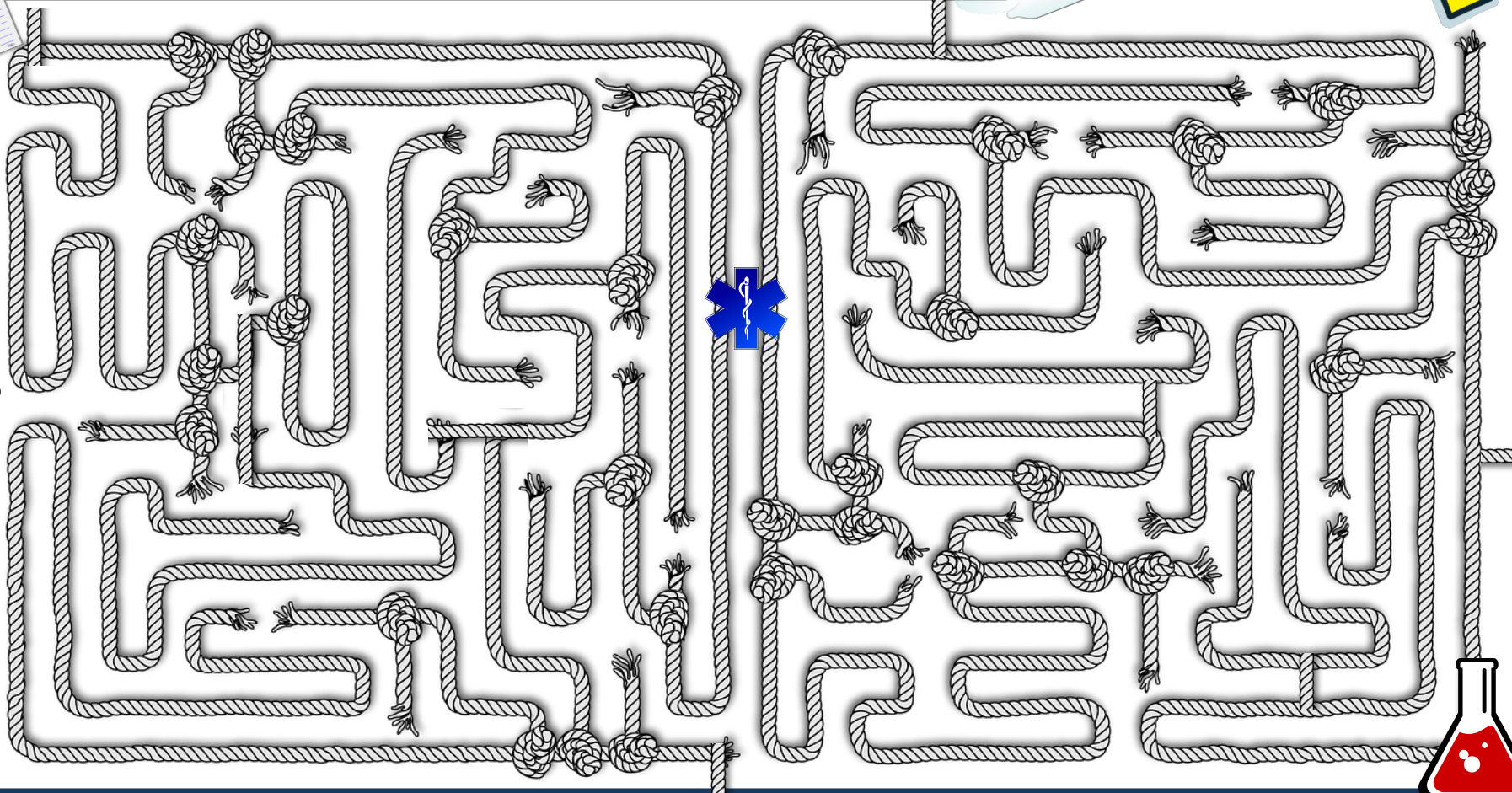
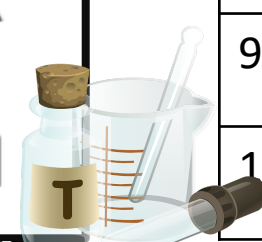
6

7

8

9

10





**HALLWAY F**

1 Study hard. 2 Never Give up 3. Always try your best  
4 Mistakes are good 5. Smile and be happy  
6 Listen Carefully



**ENGLISH CLASSROOM**

ODD ONE OUT =  
Politicians

Newton  
Darwin  
Einstein



**HEAD MASTERS OFFICE**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 5 | 4 | 8 | 9 | 6 | 1 | 2 | 3 |
| 6 | 3 | 8 | 7 | 1 | 2 | 5 | 4 | 9 |
| 1 | 9 | 2 | 3 | 4 | 5 | 8 | 7 | 6 |
| 2 | 4 | 5 | 1 | 6 | 7 | 9 | 3 | 8 |
| 9 | 8 | 1 | 2 | 5 | 3 | 4 | 6 | 7 |
| 3 | 7 | 6 | 4 | 8 | 9 | 2 | 1 | 5 |
| 5 | 2 | 3 | 9 | 7 | 1 | 6 | 8 | 4 |
| 8 | 1 | 9 | 6 | 3 | 4 | 7 | 5 | 2 |
| 4 | 6 | 7 | 5 | 2 | 8 | 3 | 9 | 1 |

Code = = 679758  
ABCDEF



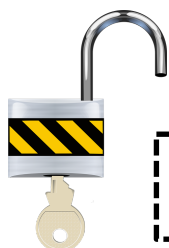
**NEVER ENDING BASEMENT**

Shift the letters Forwards 2 e.g A=C and B=D To escape this basement you will need to solve this riddle. Einstein's father has three sons Dracula, Mary and? Answer = **Einstein is the third child**



**SCHOOL LIBRARY**

Check the tree  
Math's Questions = 169 and 69 and England won the 2019 Cricket World Cup. (the rest are easy answers)



**Play Ground A**

1 Pencil                      2 Book                      3 Uniform  
4 Ruler                      5. Pen.                      6 Shoes



**SECRET LAB**



W S C I E N C E X E W N I T E  
W L X M L Y Y M G Z Q T P M X  
D B G E O G R A P H Y L V O J  
Y W D R A M A T P Q E V Y X S  
C Z K X W U K H U T N S C T Q  
H O E C I P P S G V G H I C Q  
G M M A Y X J V N B L I T Z E  
D N B P O U V S S P I S I B D  
B P M X U K I C T G S T Z U G  
M I J W I T U W U M H O E S Y  
R Q Z P I D I R V O O R N I Q  
R S S S J O Z N F C J Y S N P  
J F R E N C H I G R J N H E X  
V L Q H P R S Z O K H T I S I  
L G P D A H P P W N S X P S N



|             |           |           |          |
|-------------|-----------|-----------|----------|
| Citizenship | Computing | Geography | Business |
| Science     | English   | History   | French   |
| Drama       | Maths     |           |          |

# I SPY WITH MY LITTLE EYE



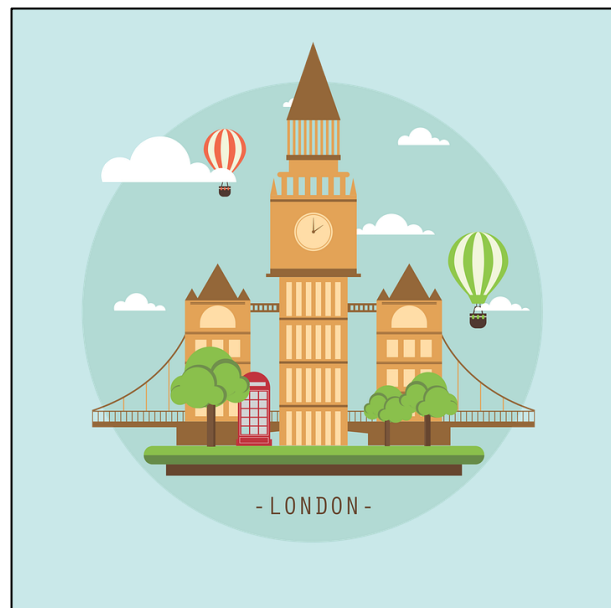
1. Look around your home and try to complete the A-Z with your own ideas of what you see
2. For the five of the most difficult letters you can write 'I don't spy' instead
3. Extension: Once you have completed your own ideas can you find a second item for each letter

| Letter | Inside the House | Second item | In the Garden |
|--------|------------------|-------------|---------------|
| 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      |                  |             |               |



Clue: Think about names of people in the room, displays on the wall, what you see on TV

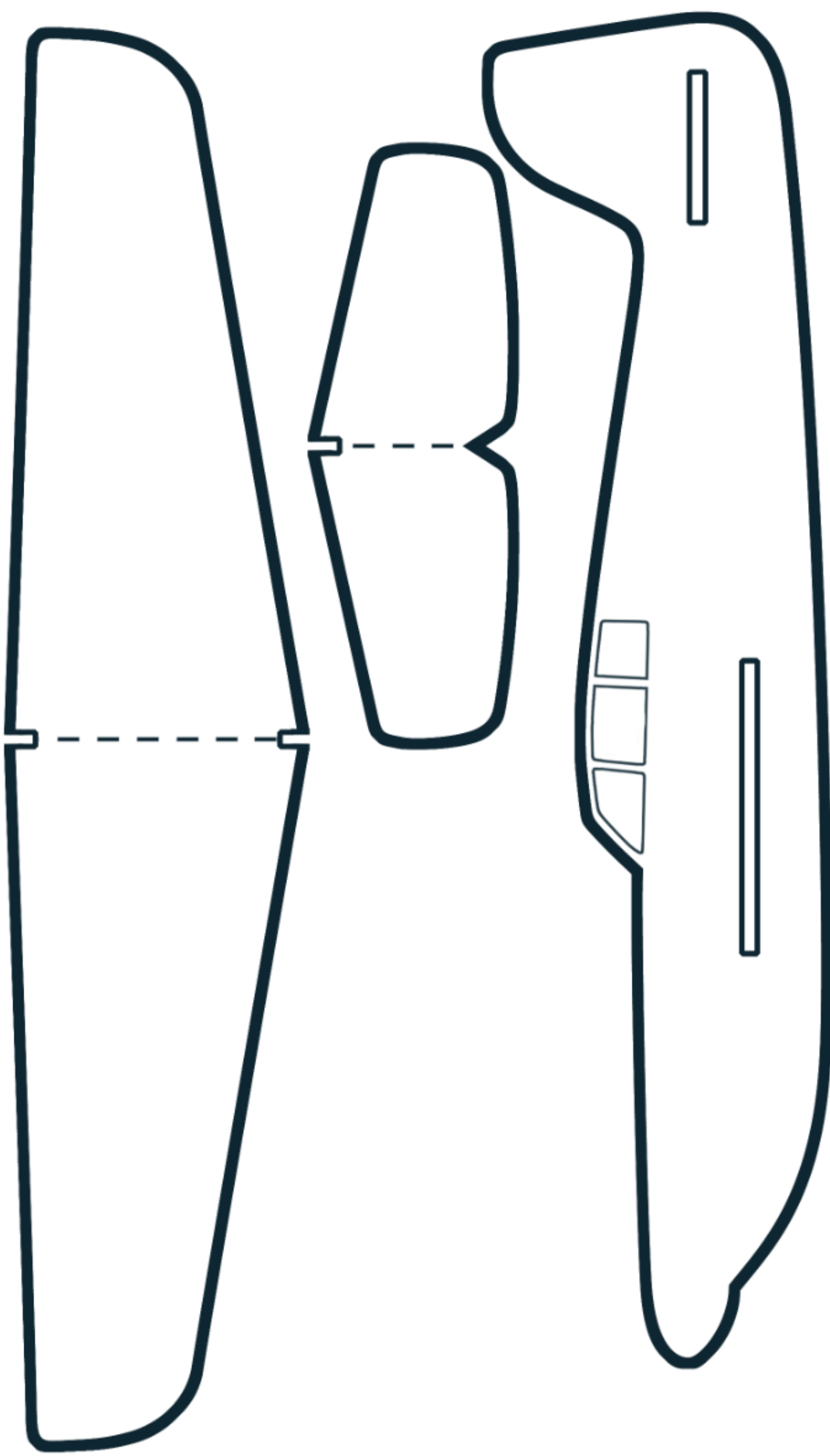




# DESIGN A SUMMER THEMED PLACE

Final Design

Use your ideas to create your final plane.  
Cut it out first so you apply your design to both sides of the plane and wings





# Build Big Ben

## Design Ideas

Colour in with a focus on **British Values and Multiculturalism.**

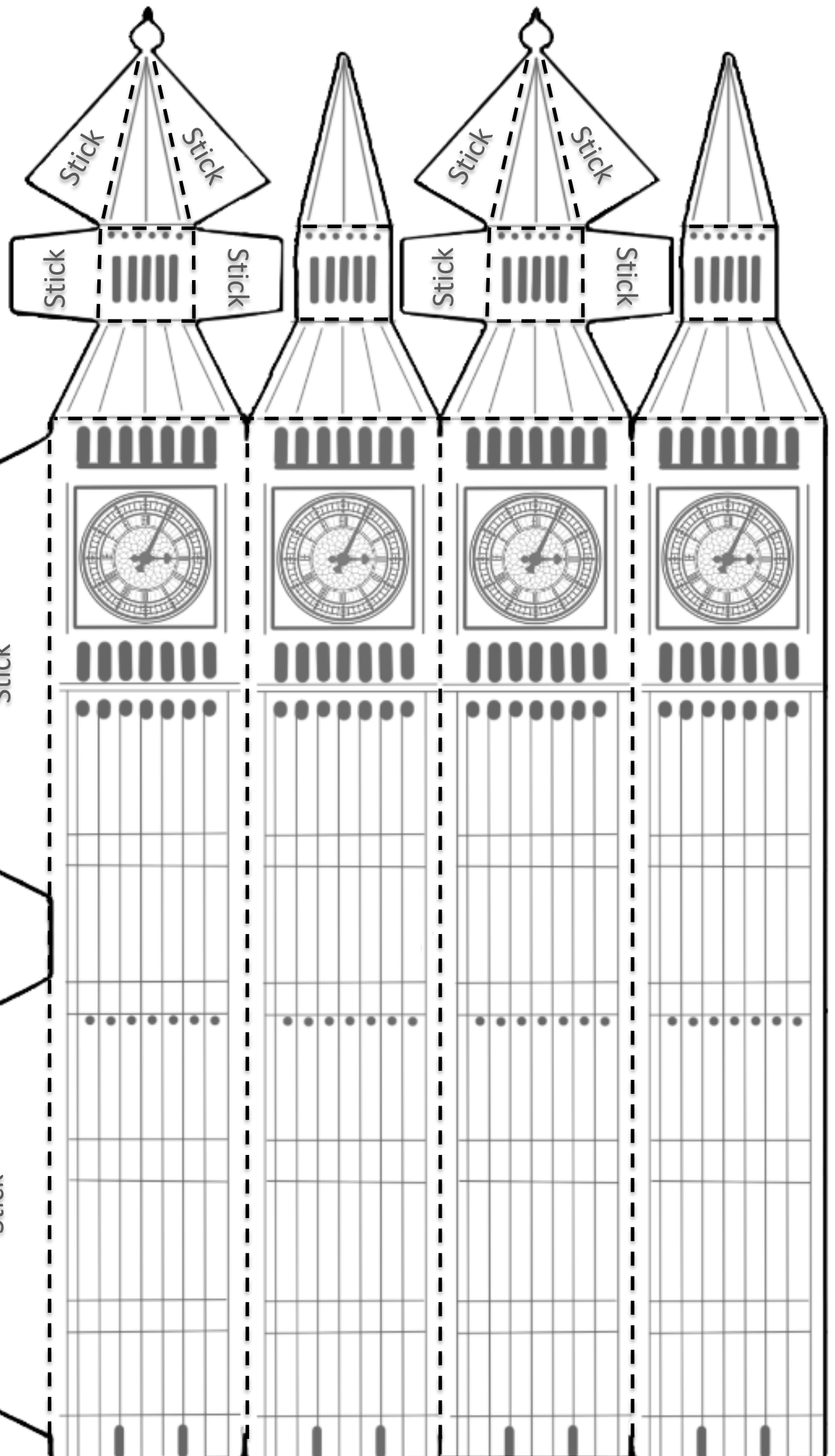
Carefully cut around the whole building following the solid black line.

Fold carefully across each of the dotted lines.

Use a small amount of glue on each of the stick tabs.

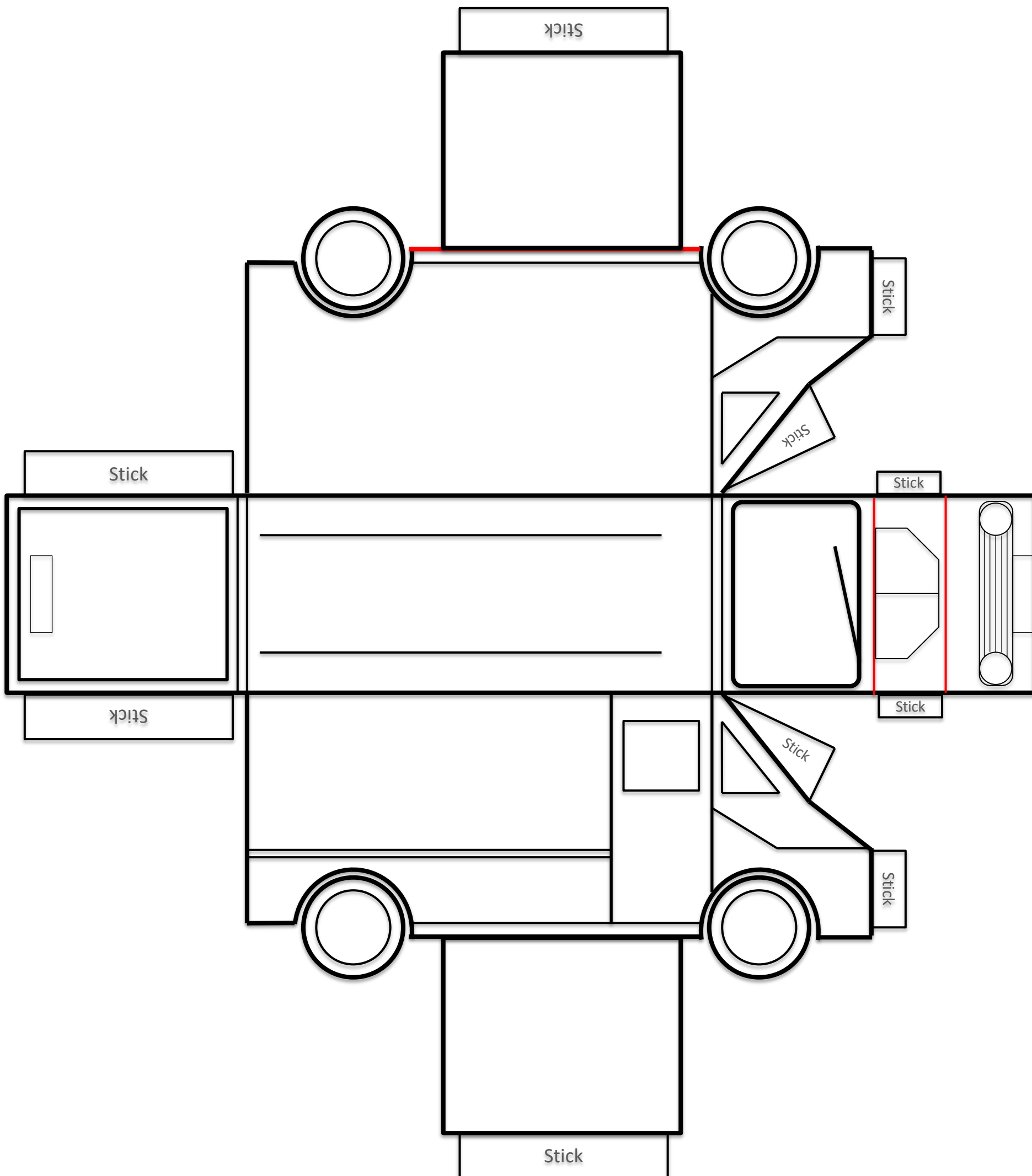
## DID YOU KNOW ?

This tower of the Houses of Parliament is actually called the Elizabeth Tower. Big Ben is the name of largest bell inside the tower.



## Final Designs

Use your ideas to create your final Supermarket Fair-trade Delivery Vehicle.  
Cut it out carefully and don't use too much glue



# ESCAPE ROOM

# OBSERVATORY



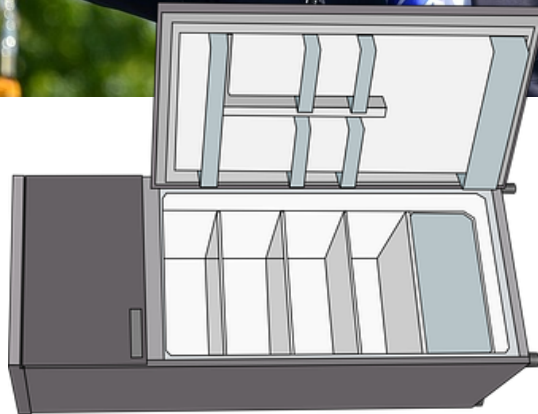
## Instructions

IDENTIFY ALL THE IMAGES BELOW

FILL IN THE BLANK SPACES WITH THE ANSWERS

TAKE THE LETTERS WITH A ? Or a Number

SOLVE THE ANAGRAM



1

?

?

4

?

?

?

?

?

?

?

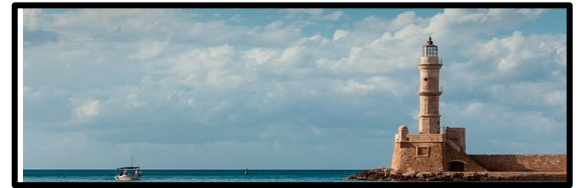
?

?

?

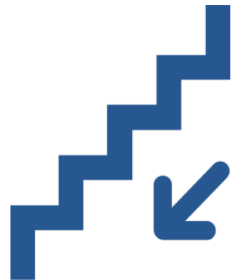
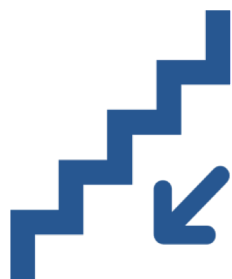
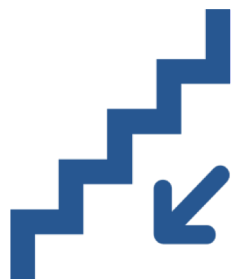
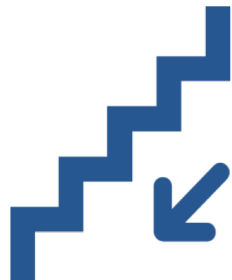
# ESCAPE ROOM

# TOWER



### Instructions;

Start at the top of the tower and answer each of the multiple choice questions on your way down the floors.  
Colour in the letter inside the circle of each correct answer  
Put the letters together to create the code word



Q1. WHO BECAME THE BRITISH PRIMINISTER IN JULY 2019?

DONALD TRUMP

L

MICHAEL GOVE

T

BORIS JOHNSON

S

THERESA MAY

S

Q2 WHO WON THE 2019 FIFA WOMENS WORLD CUP?

ENGLAND

E

USA

C

SOMALIA

O

FRANCE

T

Q3 WHICH OF THESE VIDEO GAMES WAS THE MOST POPULAR IN AUGUST 2019?

WORLD OF WARCRAFT

E

OVERWATCH

S

APEX LEGENDS

T

FORTNITE

H

Q4 IN APRIL 2019 WHO HAD A DIVORCE SETTLEMENT COST OF \$36 BILLION?

HOMER SIMPSON

L

JEFF BEZOS (AMAZON OWNER)

O

BILL GATES (MICROSOFT OWNER)

S

DONALD TRUMP

A

Q5 WHAT IS THE DATE THAT BREXIT WAS DELAYED TO?

8<sup>TH</sup> MARCH 2025

M

25<sup>TH</sup> DECEMBER 2019

S

31<sup>ST</sup> OCTOBER 2019

O

12<sup>TH</sup> OF NEVER

C

Q6 WHAT IS THE NAME OF PRINCE HARRY'S SON BORN IN MAY 2019?

ARCHIE

L

STEVE

S

MICHAEL

K

HERO

W

TOPIC – NEWS AND SPORT - TOPIC



CODEWORD

-----



# ESCAPE PATH

# STUDIO



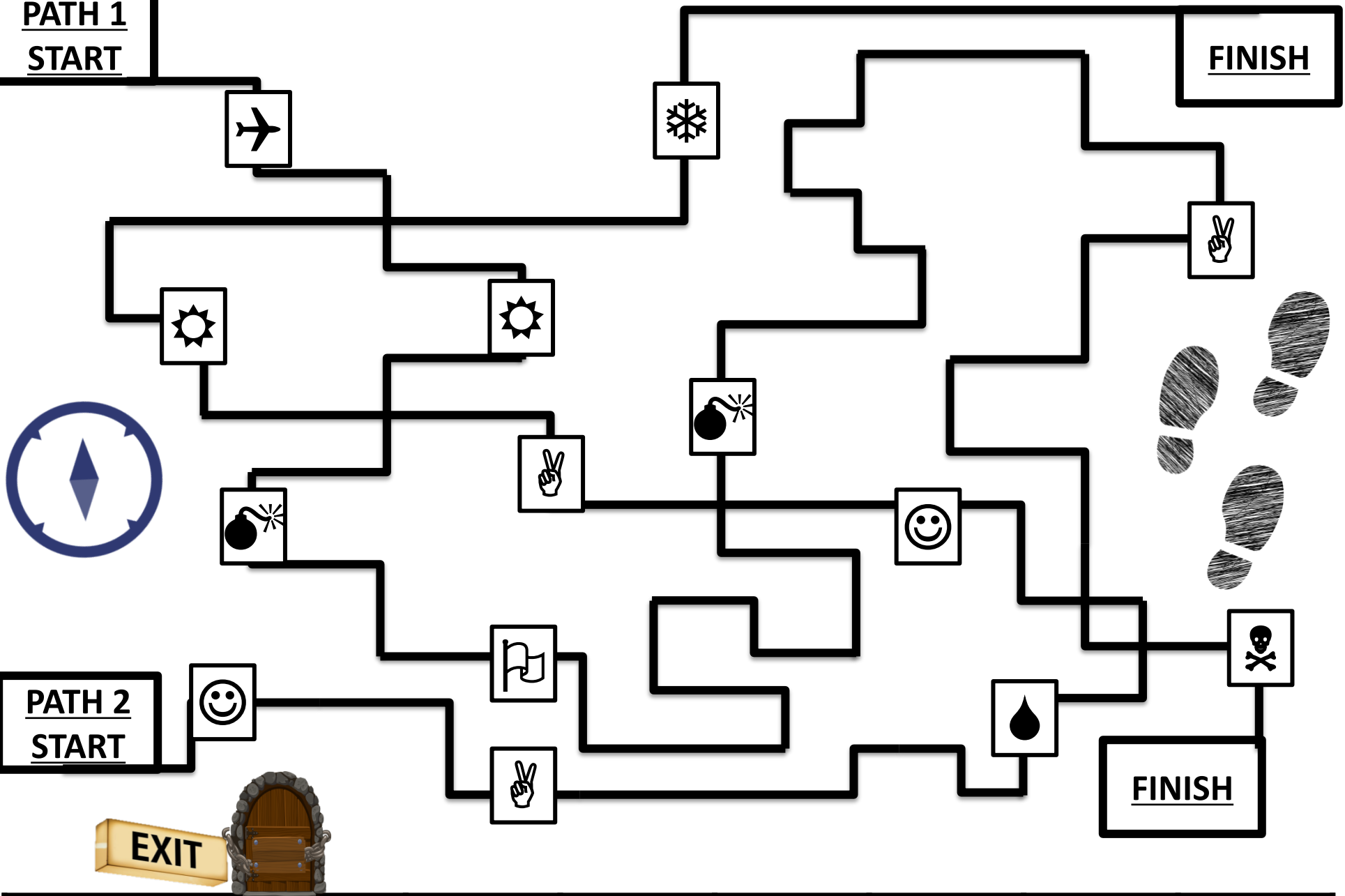
## INSTRUCTIONS

1. FOLLOW PATH 1 FROM THE START TO THE FINISH AND DRAW EACH SYMBOL YOU SEE IN THE ORDER IT APPEARS INTO THE BOXES AT THE BOTTOM OF THE PAGE FROM LEFT TO RIGHT.
2. REPEAT THIS PROCESS FOR PATH 2.
3. ONCE YOU HAVE COLLECTED ALL OF THE SYMBOLS USE THE DECRYPTER AT THE TOP OF THE PAGE TO FIND THE HIDDEN PASSCODE AND ESCAPE.

|  |   |   |   |   |   |
|--|---|---|---|---|---|
|  | A | L | E | J | D |
|  | N | S | M | T | O |
|  | F | W | B | Y | H |
|  | Q | I | X | P | V |
|  | K | C | R | U | G |
|  |   |   |   |   |   |

**PATH 1  
START**

**FINISH**



**PATH 2  
START**

**FINISH**

|                |   |   |   |   |   |   |   |   |
|----------------|---|---|---|---|---|---|---|---|
| PATH 1 SYMBOLS |   |   |   |   |   |   |   |   |
|                | + | + | + | + | + | + | + | + |
| PATH 2 SYMBOLS |   |   |   |   |   |   |   |   |
|                | = | = | = | = | = | = | = | = |
| ANSWER         |   |   |   |   |   |   |   |   |

# ESCAPE ROOM

# DOJO



This is a Maths Puzzle. The objective is to fill a 4x4 grid so that each column and each row contains the digits 1 to 4. (Like a Sudoku)

The numbers in the corners of the outlined areas tell you a target number followed by a math operation.

The numbers you put within each outlined area **must** equal the target number by using the math operation

Solve this puzzle to work out the 6 digit code needed represented by the six boxes a-f

Target Number

2 ÷

Maths Operation

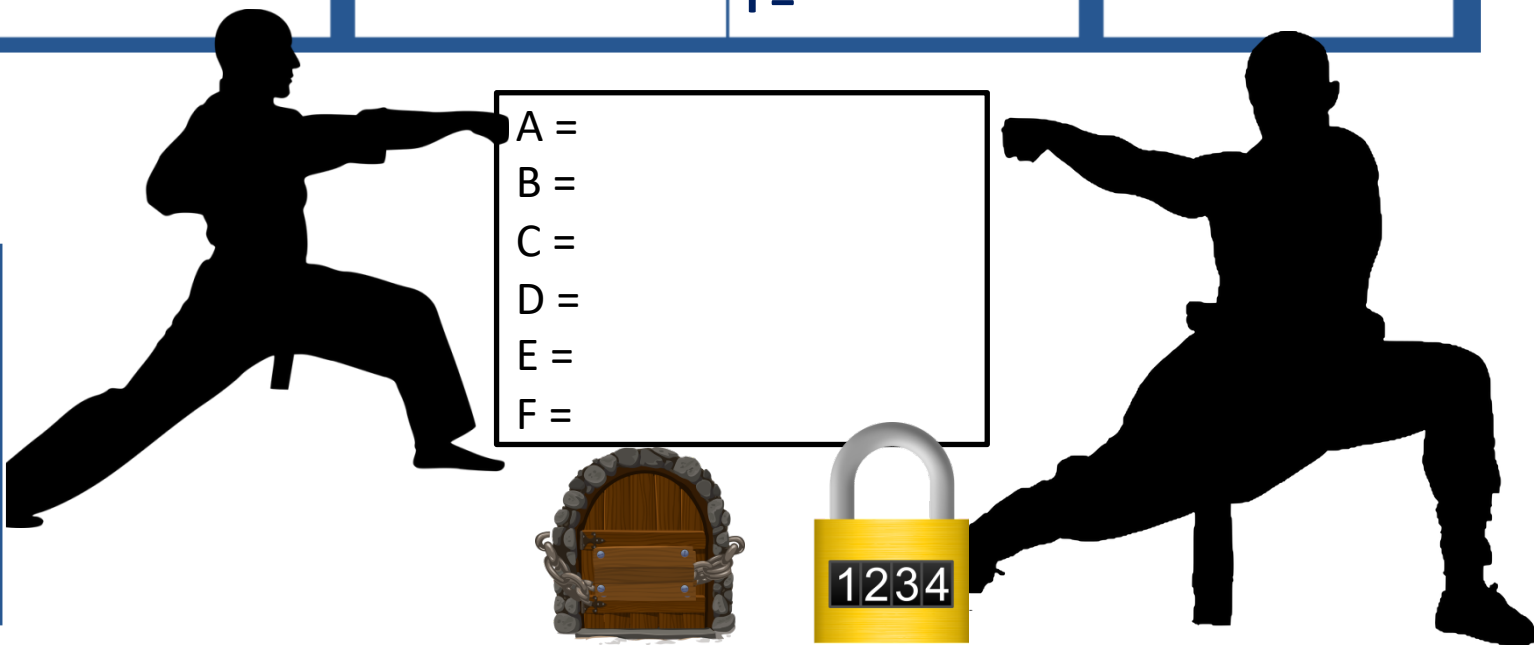
The numbers in these two boxes when divided must equal 2

**REMEMBER**  
THE DIGITS 1-4 MUST GO IN EVERY ROW AND COLUMN

|     |        |     |     |
|-----|--------|-----|-----|
| 2 ÷ | 6 ×    | 3 − |     |
|     | B =    |     | A = |
|     |        | 2 − |     |
| C = |        |     |     |
| 2 − | 1<br>1 | 9 + |     |
|     | D =    |     | E = |
|     | 2 −    |     |     |
|     |        | F = |     |

## EXAMPLE

|    |    |    |    |
|----|----|----|----|
| 4+ | 2− | 3− |    |
| 3  | 2  | 4  | 1  |
|    |    | 6× | 7+ |
| 1  | 4  | 2  | 3  |
| 3+ |    |    |    |
| 2  | 1  | 3  | 4  |
| 7+ |    | 2÷ |    |
| 4  | 3  | 1  | 2  |



# ESCAPE PATH

# UNIVERSITY



## INSTRUCTIONS

1. EVERY LETTER ON THE GRID BELOW BELONGS TO A WORD
2. DRAW A PATH FROM THE START TO THE FINISH FINDING THE WORDS ALONG THE WAY.
3. THE NEXT WORD WILL ALWAYS CONTINUES FROM WHERE THE LAST ONE FINISHED
4. TWO OF THE WORDS LISTED ARE NOT FOUND ON THE GRID THIS IS YOUR PASSWORD

## IMPORTANT INFORMATION

EVERY LETTER IS USED ONLY ONCE  
THE PATH DOES NOT CROSS ITSELF  
WORDS CAN SNAKE UP DOWN LEFT AND RIGHT

START



|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| S | C | C | I | L | S | U | M | L | I |
| O | H | N | E | P | R | E | M | G | S |
| O | A | P | E | R | H | I | E | N | H |
| L | P | N | S | Y | O | C | N | E | M |
| T | M | E | W | A | L | S | C | E | A |
| E | R | E | T | D | I | M | R | H | T |
| A | S | K | S | F | U | N | O | S | H |
| C | E | E | I | R | T | I | F | S | I |
| H | D | N | F | A | S | E | R | T | O |
| E | R | D | S | M | I | L | Y | Y | R |

FINISH

## PATH WORDS

|         |         |          |         |         |          |
|---------|---------|----------|---------|---------|----------|
| ROOM    | TEACHER | PENCIL   | ENGLISH | DESKS   | HOLIDAYS |
| LUNCH   | SCIENCE | NEW TERM | SCHOOL  | UNIFORM | PAPER    |
| FRIENDS | SUMMER  | MATHS    | FAMILY  | REST    | HISTORY  |

1a  
s e a s i d e

2b  
r a c h

3  
s u m m e r

4f  
i o n

5  
s u n s h i n e

6h  
l a n d

7  
r e s t

8h  
a b r o a d

9  
y

10  
t e l



TOWER



1-2-3-4-5-6  
S-C-H-O-O-L

UNIVERSITY

Password  
LUNCH ROOM

Maze grid with words: SANDCASTLE, POLICE OFFICER, DONALD TRUMP, TAXI, ICE CREAM, STATUE OF LIBERTY

DOJO

Code = 434122  
ABCDEF



|            |            |            |   |
|------------|------------|------------|---|
| 2 ÷ 2 = 1  | 6 × 3 = 18 | 3 - 1 = 2  | 4 |
| 4          | 2          | 2 - 3 = -1 | 1 |
| 2 - 3 = -1 | 1          | 9 + 4 = 13 | 2 |
| 1          | 2 - 4 = -2 | 2          | 3 |



OBSERVATORY

FINAL ANSWER - SURFING  
SANDCASTLE- POLICE OFFICER – DONALD TRUMP  
– TAXI – ICE CREAM– STATUE OF LIBERTY

EXIT

STUDIO

|                |   |   |   |   |   |   |   |   |
|----------------|---|---|---|---|---|---|---|---|
| PATH 1 SYMBOLS | + | ✈ | ⚙ | ☀ | 🎵 | ☀ | ✌ | ☠ |
| PATH 2 SYMBOLS | + | 😊 | ✌ | 💧 | 😊 | ✌ | ⚙ | ❄ |
| ANSWER         |   | P | R | A | Y | E | R | S |



# MY BOOK REVIEW

Title:  
Author:  
Illustrator:

Fiction  
Non-fiction


Reviewers Name::

Write a quick text message explaining what the book was about

Fiction: Think about the plot

Describe the setting of the story

Non-fiction: What do you learn from the book?

Who would this book be most suitable for?

- ✓
- ✓
- ✓

Four hashtags to summarise the book

#-----#-----  
-----#-----  
-----#-----  
-----

Create a quick mind map of the main characters and how they link with each other

Reading this book made me wonder about:

How many stars would you give this book?



Favourite part or favourite quote from the book

“-----”  
-----  
-----  
-----  
-----

Would you recommend this book?

# MY BOOK REVIEW

Title:  
Author:  
Illustrator:

Fiction  
Non-fiction


Reviewers Name::

Write a quick text message explaining what the book was about

Fiction: Think about the plot

Describe the setting of the story

Non-fiction: What do you learn from the book?

Who would this book be most suitable for?

- ✓
- ✓
- ✓

Four hashtags to summarise the book

#-----#-----  
-----#-----  
-----#-----  
-----

Create a quick mind map of the main characters and how they link with each other



Favourite part or favourite quote from the book

“-----  
-----  
-----  
-----  
-----”

Reading this book made me wonder about:

How many stars would you give this book?



Would you recommend this book?



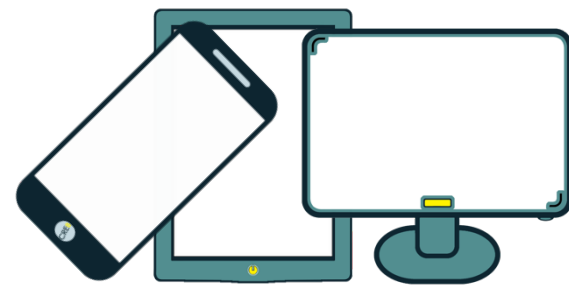

## What is positive wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Intellectual** (cognitive stimulation such as problem solving puzzles),
- ✓ **Spiritual** (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- ✓ **Social** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical** (Movement, whether in sports or walking, movement that brings joy.)

## 11 TOP TIPS FOR POSITIVE WELLBEING WHEN YOU ARE OFF SCHOOL

Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.



Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to destress. .

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.

