



## **GIVING BACK**

Engaging with your community through volunteering, mentoring, and social action.  
Think leadership, care, and being a role model!



## **RESILIENCE AND WELLBEING**

Building mental strength, emotional awareness, and healthy habits.  
Mindfulness, mental health awareness, and staying mentally strong.



## **OPPORTUNITIES TO ENRICH**

Exploring new ideas, challenges, creative projects, and cultural experiences.  
Competitions, entrepreneurial projects, trips and creativity.



## **WORK AND LIFE SKILLS**

Preparing for independence with careers advice, financial literacy, and life skills.  
Careers guidance, understanding banking and budgeting, and skills to succeed.



## **TECHNOLOGY AND DIGITAL SKILLS**

Developing confidence online, digital literacy, and IT capabilities for the future.  
Safe social media, digital content creation, using computers for study and work.



## **HEALTH AND PHYSICAL ACTIVITY**

Staying active, healthy, and energised through sport and fitness.  
Sports teams, clubs, trying new activities, nutrition, and health lifestyles.