

For young  
people in school  
years 7-11 living  
in Luton

# Mindset RESET

SIX WEEK EMOTIONAL  
WELLBEING PROJECT

Only 150  
free spaces  
available

Six weeks of simple  
and creative daily  
challenges that have  
been developed to  
help you look after  
your emotional  
wellbeing during  
lockdown

Youthscape