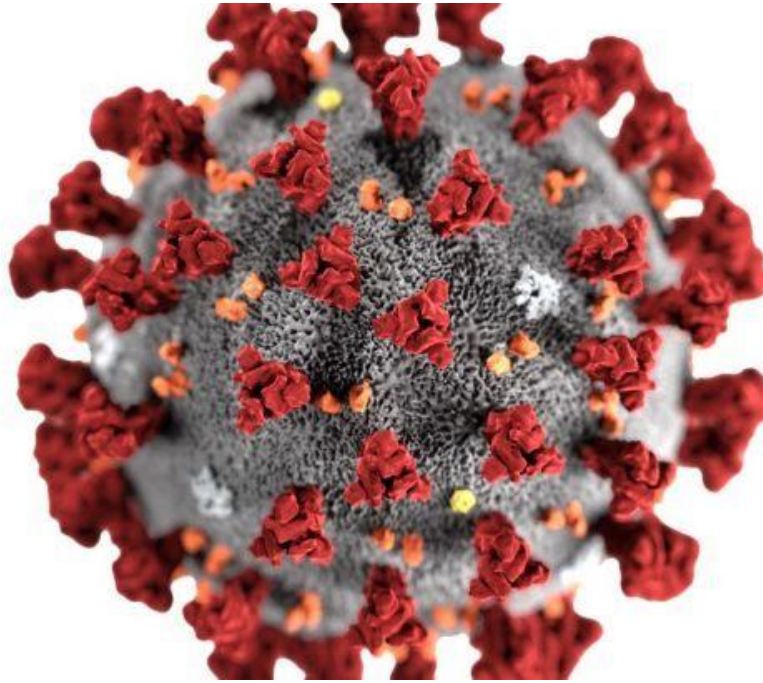


Resource Pack

11-14 year olds

“Education is what remains after we’ve forgotten what we have learned in school.”

Stay safe and we will see you all soon!



“In the middle of difficulty lies great opportunity, nobody can go back & start a new beginning, but anyone can start today to make a new ending”.

Over the next 4 weeks take time to look through this booklet, use it to express who you are and write down your thoughts.

Being inside will be hard but know that you’re doing your part for your family and your community. We are proud of you.

What does Covid 19 mean to you?

How do you feel about Coronavirus?

WE know its hard for you to stay at home at this time but you're doing your bit in keeping yourself and your family safe. We want you to know that we are here for you anytime you need to talk, lift the phone or go on facebook and contact your youth worker. Below is some information that may help, also the next page has important numbers you may need, use them if you need to.

Ways to Look after Mental Health



DREAMSCHEME



Star Breathing

Start at any "Breathe in" side, hold your breath at the point, then breathe out.
Keep going until you've gone around the whole star.





Ride a Bike
OR SKATEBOARD



ASK FOR HELP



Blow
Bubbles



Color
Paint
Draw

CREATE ART!



Listen to
MUSIC



PLAY a
BOARD GAME



MAKE &
PLAY
WITH
SLIME



Practice
Gratitude



WEAVE,
KNIT OR
CROCHET

Use Kind &
Compassionate
Self-Talk



Make a
Scrapbook
or Collage



PRACTICE
YOGA



Hug
or
Climb
a Tree

KICK
BOUNCE
OR THROW
a BALL



JOURNAL OR
WRITE A LETTER



Take Slow,
Mindful Breaths



Cuddle or Play
with Your Pet



Drink
Water



Smile & Laugh



EAT
Healthy

50 COPING SKILLS for kids



Get Plenty
of
Sleep



TAKE A SHOWER
OR BATH



STRETCH



Go on a
Hike,
Walk, or
Run



Forgive
Let Go
Move On



Use
Aromatherapy
(Smell Something good)



Cook
or
Bake



SAY Positive
Affirmations



SING
and/or
DANCE



Take
GOOD
CARE
of the
Earth



Look At or Take
PHOTOGRAPHS



Garden or
Do Yardwork



Visualize
a Peaceful Place



Try or
Learn
Something
New



EXPLORE & DISCOVER
Nature's Treasures



READ a Book
or Magazine



DRINK
A WARM
CUP OF TEA

USE a STRESS BALL
(or other fidget tool)



DO a PUZZLE



Cry



Play Outside



Clean,
Declutter
or Organize



Create
ORIGAMI



Get a
HUG



EXERCISE



JUMP
on a
Trampoline



Rest,
Take a Break, or Nap



Do
Something
Kind



BUILD
Something



TALK
to Someone
You Trust

fill out below what helps you cope – if there are times in the next few weeks you feel you aren't coping turn to there and keep going

COPING TOOLS: What Helps Me

☐ Read A Book or Magazine 	☐ Ride a Bike or Skateboard 
☐ Hug or Climb a Tree 	☐ Create Origami 
☐ Journal or Write a Letter 	☐ Cook or Bake 
☐ Use Kind & Compassionate Self-Talk 	☐ Ask for Help 
☐ Make a Collage or Scrapbook 	☐ Talk to Someone You Trust 
☐ Rest, Nap or Take a Break 	☐ Weave, Knit or Crochet 
☐ Go on a Hike, Walk or Run 	☐ Build Something 
☐ Take Good Care of the Earth 	☐ Get a Hug 
☐ Drink Water 	☐ Visualize a Peaceful Place 
☐ Play a Board Game 	☐ Stretch 
☐ Do Something Kind 	☐ Make Art 
☐ Make and Play with Slime 	☐ Use Positive Affirmations 
☐ Discover Treasures in Nature 	☐ Take Slow, Mindful Breaths 
☐ Take a Shower or Bath 	☐ Clean, Declutter or Organize 
☐ Exercise 	☐ Use Aromatherapy 
☐ Drink a Warm Cup of Tea 	☐ Cry 
☐ Forgive, Let Go, Move On 	☐ Try or Learn Something New 
☐ Practice Yoga 	☐ Listen to Music 
☐ Garden or Do Yardwork 	☐ Use a Stress Ball or Other Fidget 
☐ Jump on a Trampoline 	☐ Get Plenty of Sleep 
☐ Cuddle or Play with Your Pet 	☐ Kick, Bounce or Throw a Ball 
☐ Practice Gratitude 	☐ Take or Look at Photographs 
☐ Do a Puzzle 	☐ Eat Healthy 
☐ Blow Bubbles 	☐ Play Outside 
☐ Smile and Laugh 	☐ Sing and/or Dance 

Design your own Inside Out Character



Emotion.....

Name.....

The colour is.....

I choose this
because.....



I chose this emotion because:

The shape
is.....

I choose this
because.....

Name: _____

MY LEARNING GOALS



Start Date: _____

End Date: _____

What I can do today:

What I want to do
by this date:



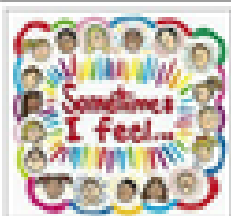
What will you do to reach this goal?

At school, I will:

At home, I will:

Week 1: How you feel??? Use words or pictures to explain how your feeling.

Date	How are you feeling?	



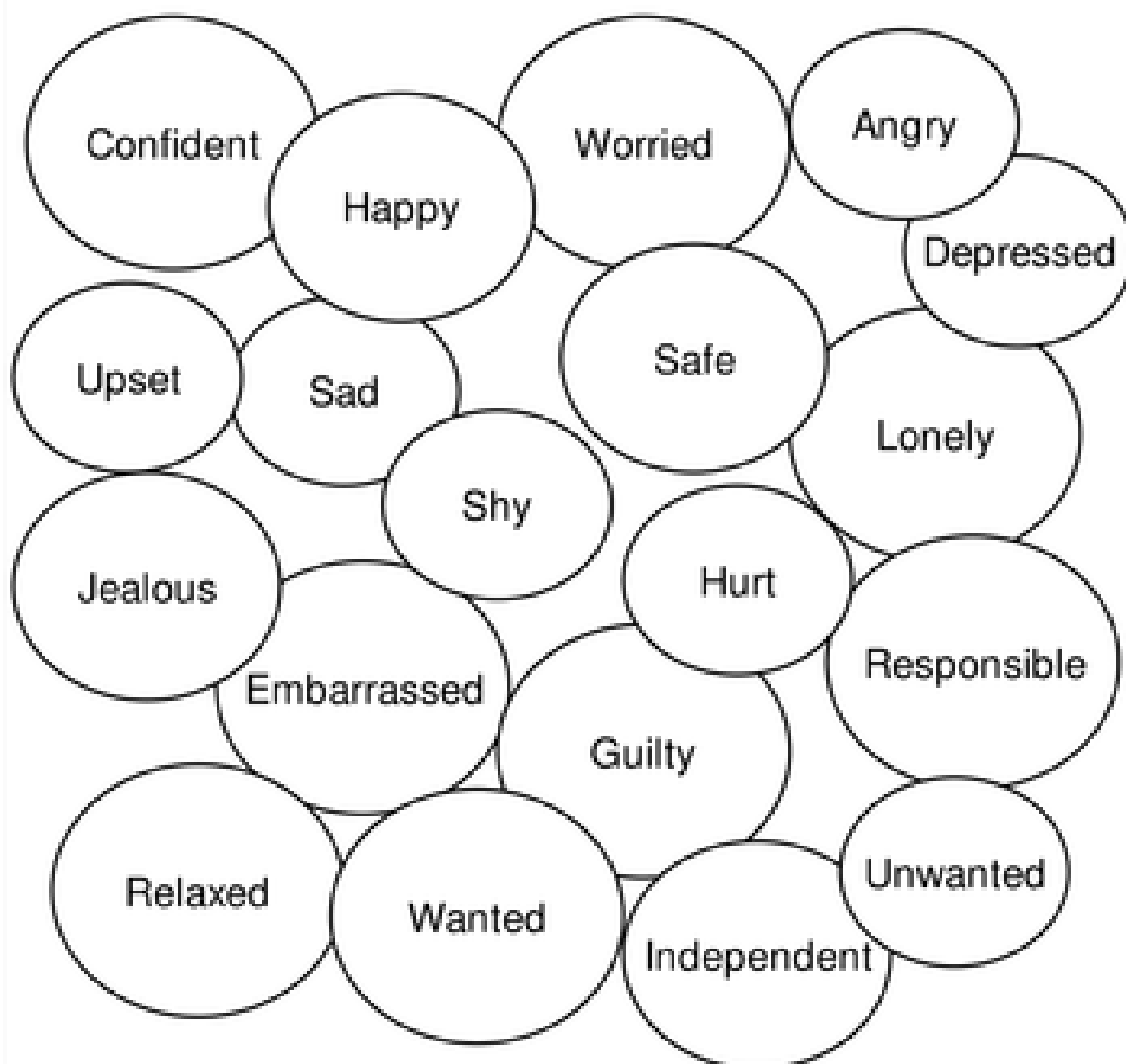
MY FEELINGS

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

Instructions:

- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.

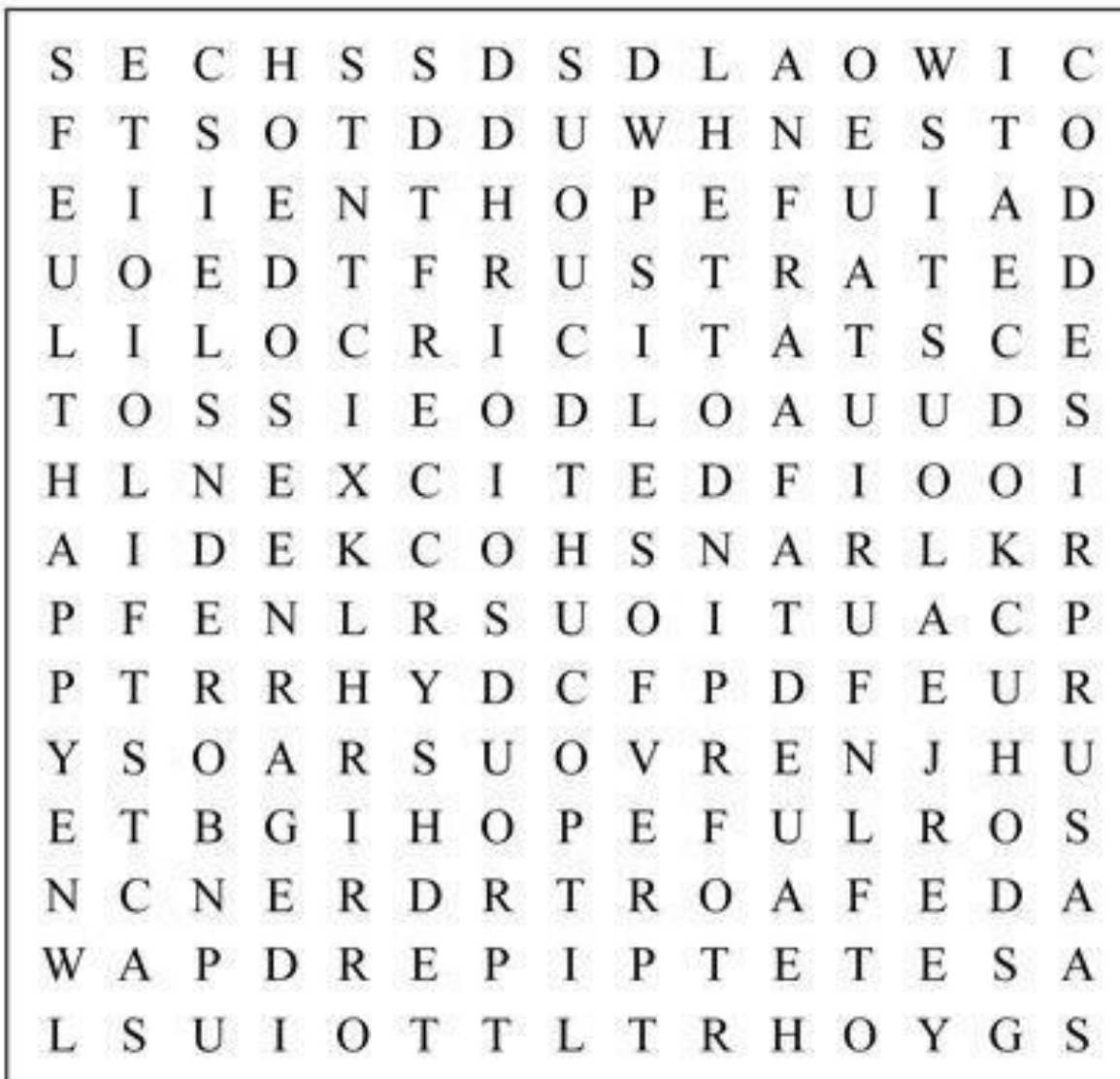




Find-A-Feeling



WORD SEARCH PUZZLE

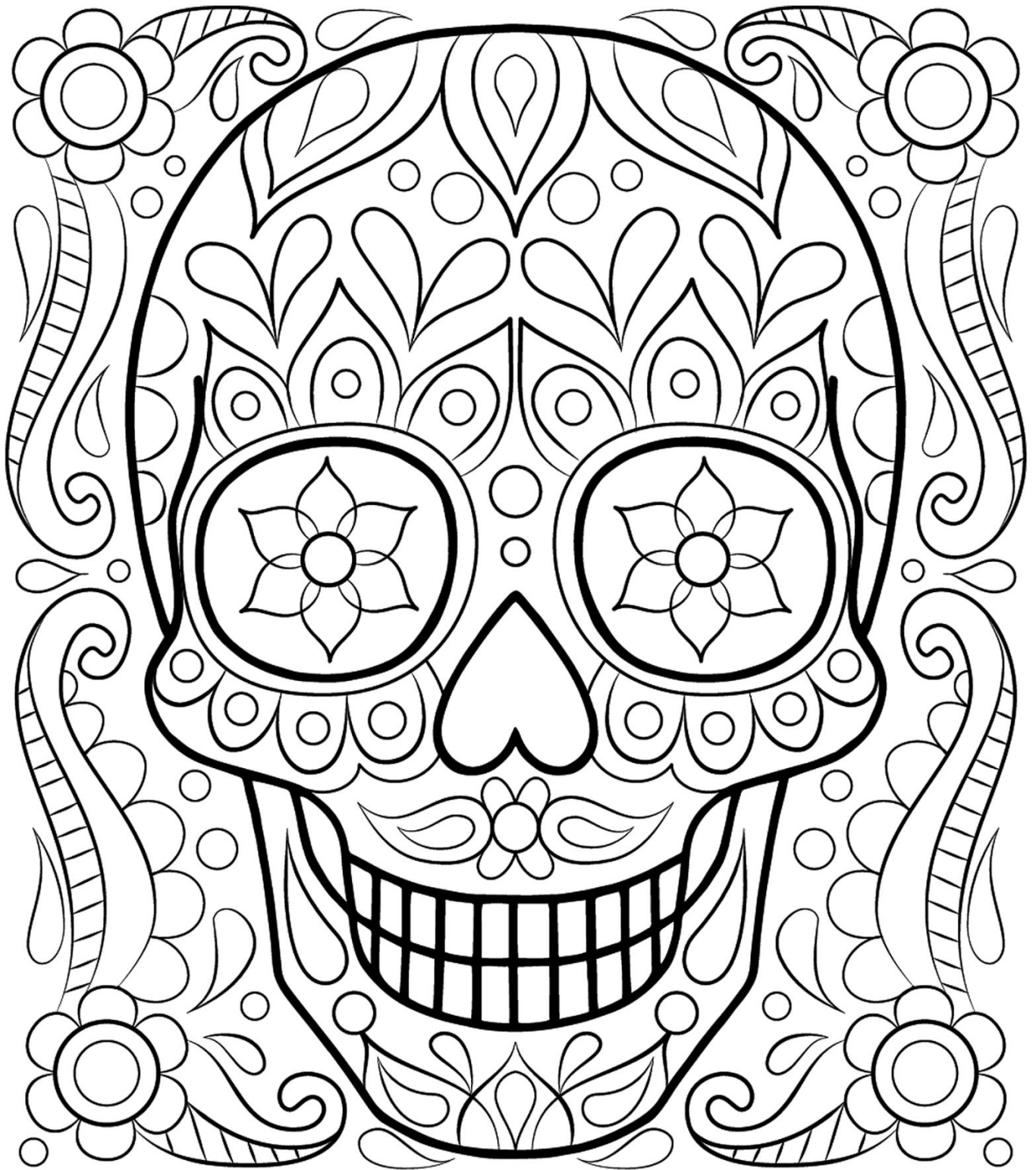


SURPRISED
NERVOUS
AFRAID
CAUTIOUS
CONFUSED
ECSTATIC
EXCITED

ENRAGED
HAPPY
ANGRY
FRUSTRATED
BORED
JEALOUS
WORRIED

PROUD
PROUD
CONFIDENT
LONELY
SHOCKED
HOPELESS
SAD

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DREAMSCHEME



 walkwaycommunityassociation
part of your growing community

Graffiti Name Portfolio Design

ENVISION - Composition & Design

Graffiti Style Writing Practice

BLOCK LETTERS

BUBBLE LETTERS

ALTER EGO BRAINSTORMING

Brainstorm 3 possible "identities" that could identify your "alter" or other self.
(Think of Lady Pink, Daze and Futura 2000)

Practice Sketches

Design your Graffiti-Style Name
(for the front cover)

Design your Graffiti-Style Street Name
or Alter Ego Name (for the back cover)

BOOK REVIEW

Date _____

Name of Reviewer _____

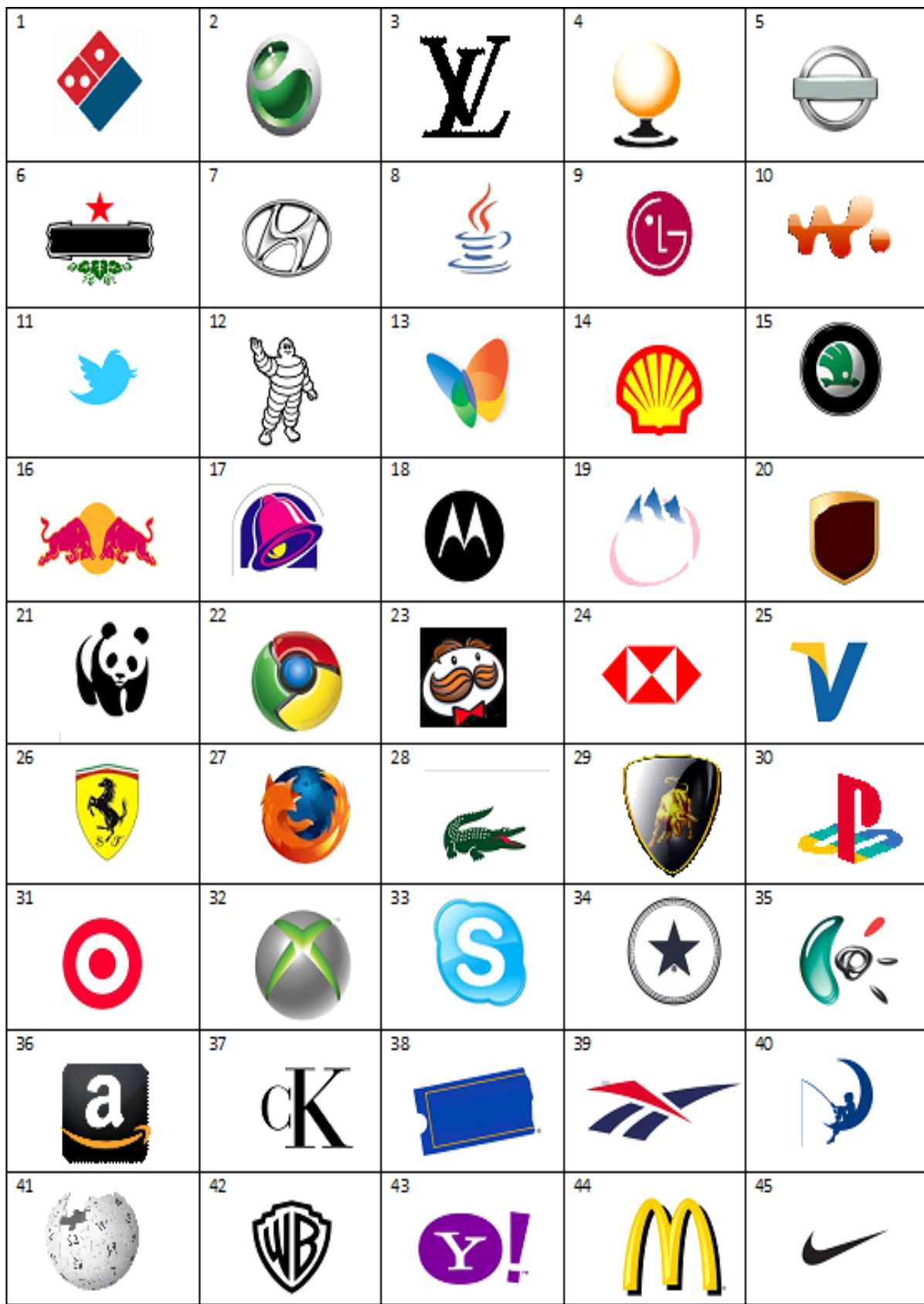
Title _____

Author _____

Genre _____

A Brief Synopsis:

Recommendations (would you recommend this book? Who to?
Why?)



My Bio-Poem

By: _____

I am _____

I love _____

I need _____

I want _____

I dream of _____

I fear _____

I feel _____

I am _____

© Printed in the USA 11/2007 2008

Week 2: How you feel??? Use words or pictures to explain how your feeling.

Date	How are you feeling?	Use words or pictures to explain how you are feeling. Use words or pictures to explain how you are feeling.

Expressions All About ME

I worry about _____.

I dreamt about _____.

I am proud of _____.

I am interested in _____.

I am afraid of _____.

I don't believe in _____.

I am good at _____.

I am poor at _____.

I have to _____.

I feel like _____.

I regularly _____.

I never _____.

I can't stand _____.

I have difficulty _____.

I have a habit of _____.

I no longer _____.

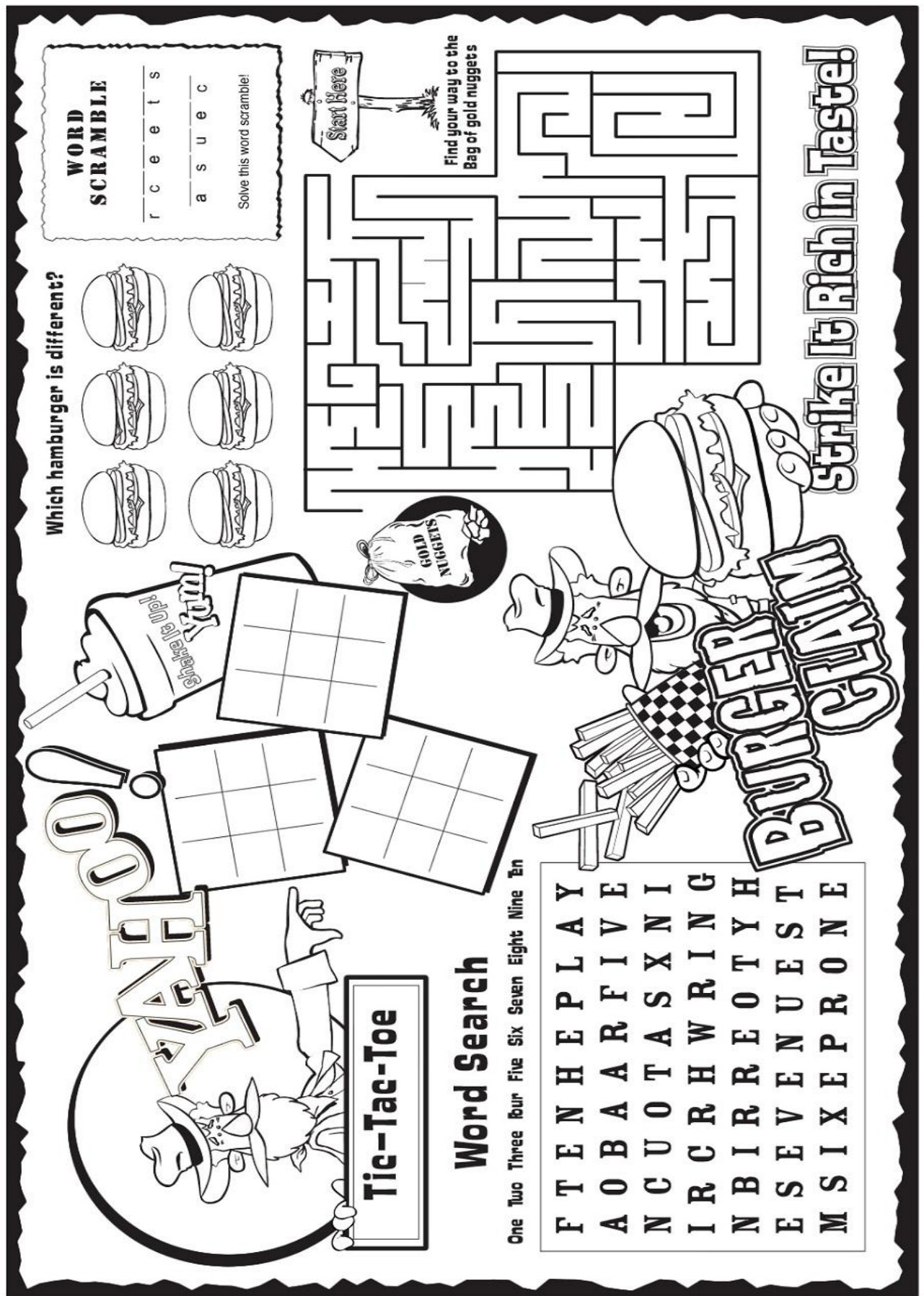
_____ makes me laugh.

_____ makes me sad.

_____ makes me angry.



www.bogglesworldesl.com



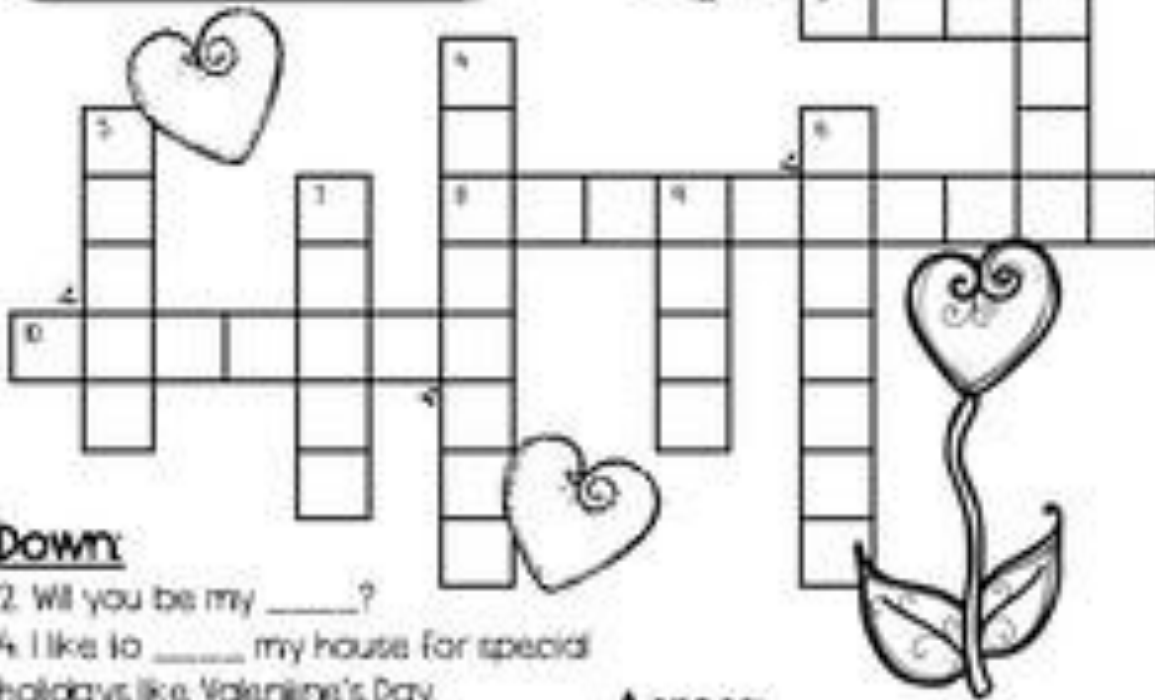
Name: _____

Lovely Crossword

Directions: Use the clues to fill in the missing words in the puzzle below.

Word Bank:

chocolates	admirer
decorate	love
gift	flowers
Valentine	candy
party	card



Down:

2. Will you be my _____?
4. I like to _____ my house for special holidays like Valentine's Day.
5. What is your favorite _____?
6. Roses are the prettiest _____.
7. In class, we are going to have a Valentine's Day _____!
9. I made a _____ for my mom.

Across:

1. Valentine's Day celebrates _____!
3. Look, I got you a _____!
8. I got my teacher a box of _____.
10. Do you have a secret _____?

Dear _____

Use this worksheet to explore your feelings towards a family member.

I feel the happiest with you when _____

It makes me angry when you _____

My favorite memory with you is when _____

My least favorite memory with you is when _____

Something that would need to change to improve our relationship would be _____



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Name: _____ Date: _____

THINGS THAT I LIKE ABOUT MYSELF...

1. _____

2. _____

3. _____

4. _____

5. _____

Download free Printables at: www.freeprintableonline.com

Today go for a take a selfie and put them in the group chat – Facebook page – contact page.

Where did you go for a walk?

What did you see when you went?

What was the atmosphere like?

What are you missing most about lack of freedom?

How many people have you spoken to today?

IF YOU REALLY KNEW ME...

What would people find out about you if they *really* knew you?

If you really took the time to get to know me, you would know that...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

What keeps other people from getting to know these things about you?



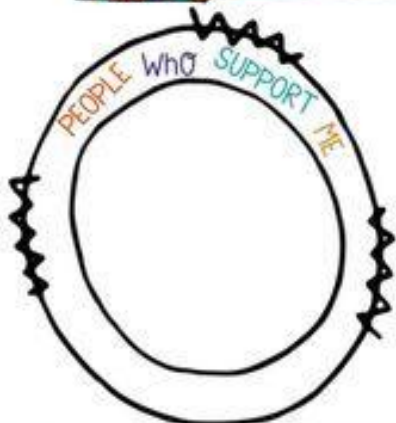
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For more resources, visit www.mylemarks.com

Week 3: How you feel??? Use words or pictures to explain how your feeling.

Date	How are you feeling?	

My Coping Survival Strategies Guide

...to remind yourself you are not alone



Best Listener and/or Hug-Giver

HUGS-Oxytocin Release, helping us to feel connected & loved

Best Ways to Get MOVING!

...to burn-off stress hormones & pump-in feel-good endorphins

BEST POSITIVE AFFIRMATION

Something Kind I Can Say to Myself When Life Gets Tough

What Makes Me **Smile & Laugh**

Humor is a natural stress-reducer

Just Breathe

...mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress.

Best Ways to **CHILL OUT** & Bring-In the **CALM**

What I Can Make, Create, Play or Build

MY TOP 3 COPING TOOLS

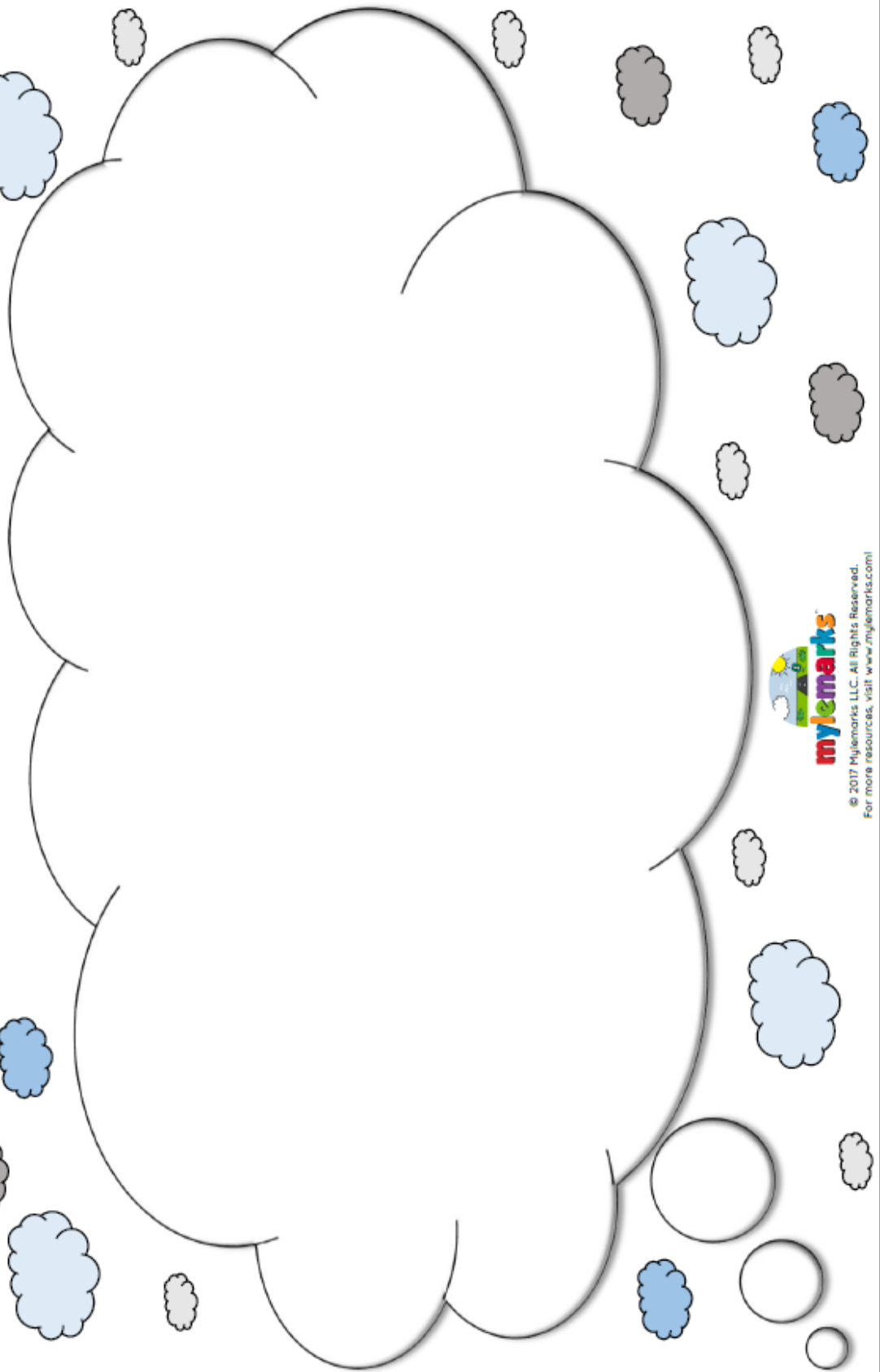
#1

#2

#3

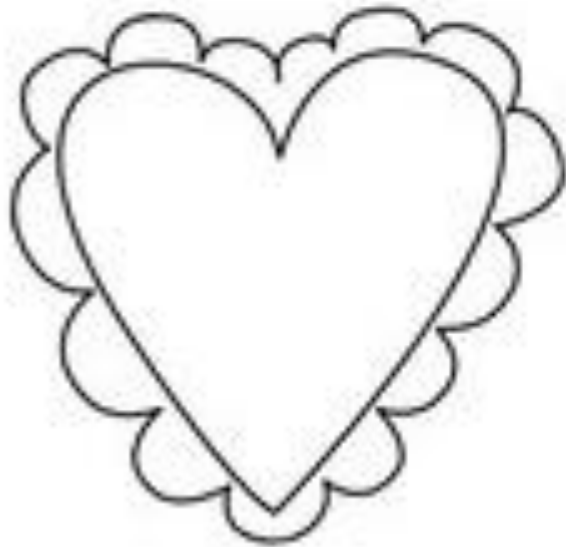
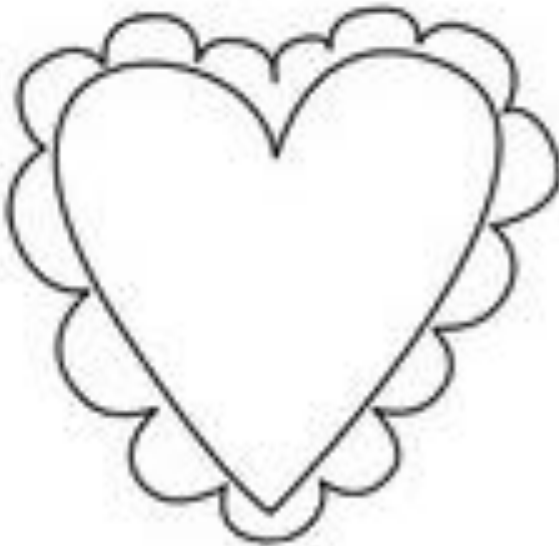
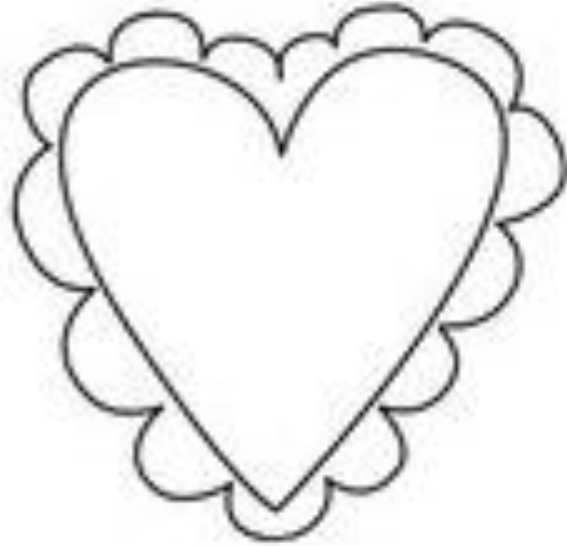
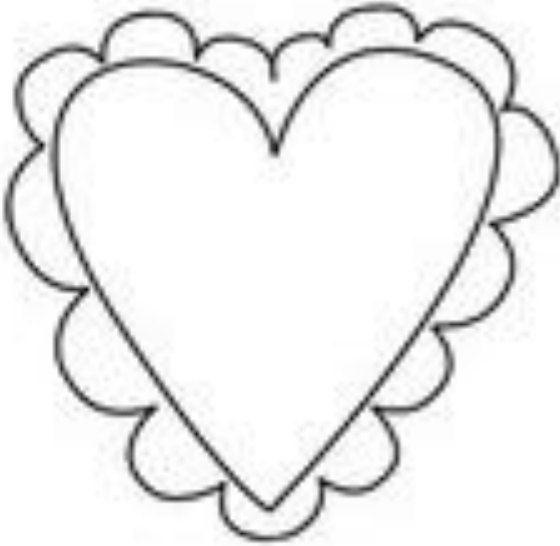
On My Mind Today

What are some things that are on your mind today?



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Choose a member of your family – write their name in one of these hearts and give them a compliment!!



©2015 kindergarten.com

What can you break
without touching it?



a promise

What is so fragile
that sound can
destroy it?



silence

The more you take, the
more you leave behind.
What are they?



They're footsteps

What gets
wetter as it
dries?



The towel

You can feel it, but you
can't touch it. You can
hear it, but you can't
see it. What is it?



the wind

What has four legs
and a back, but
can't walk?



a chair

What goes up and down
without moving?



the temperature

What has two
arms and a neck
but no head?



a jumper

What can be
opened but can't
be closed?



an egg

What has teeth
but can't bite?



a comb

You buy it to eat,
but you don't eat
it. What is it?



a plate

I can fly without
wings. And cry
without eyes.
What am I?



a cloud

What does not live
but can die?



a battery

What has wings,
Can fly,
But is not living?



a plane

I have streets but no pavement,
I have cities but no buildings,
I have forests but no trees,
I have rivers yet no water.
What am I?



a map

You may enter, but you may
not come in,
I have space, but no room,
I have keys, but open
to lock. What am I?



a computer

What does this say?
or nothing
or nothing



double or nothing

How do you write 24
using only the
number 2?



22+2

If 7 is equal to 13
then what is 16
equal to?



31, because I multiplied it by 2 and subtracted one

Complete the sequence:

5, 20, 80, 320.....



1280

Complete the sequence:

7, 15, 31, 63...



125

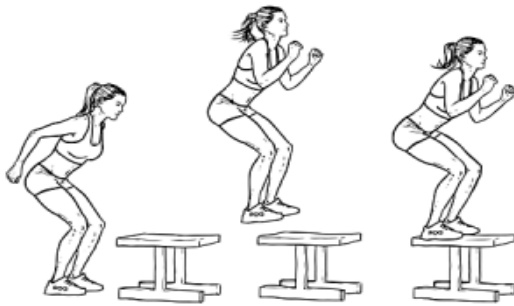
Legs and Butt Toning Workout



Bodyweight Squat



Single Leg Glute Bridge /
Hip Extension



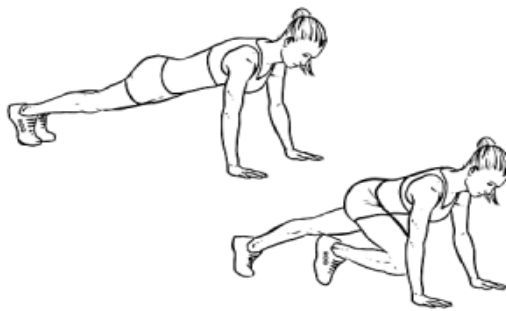
High Box Jump



Hip Raise / Butt Lift /
Bridge



Dumbbell Lunges



Mountain Climbers

Name: _____

Song Title: _____

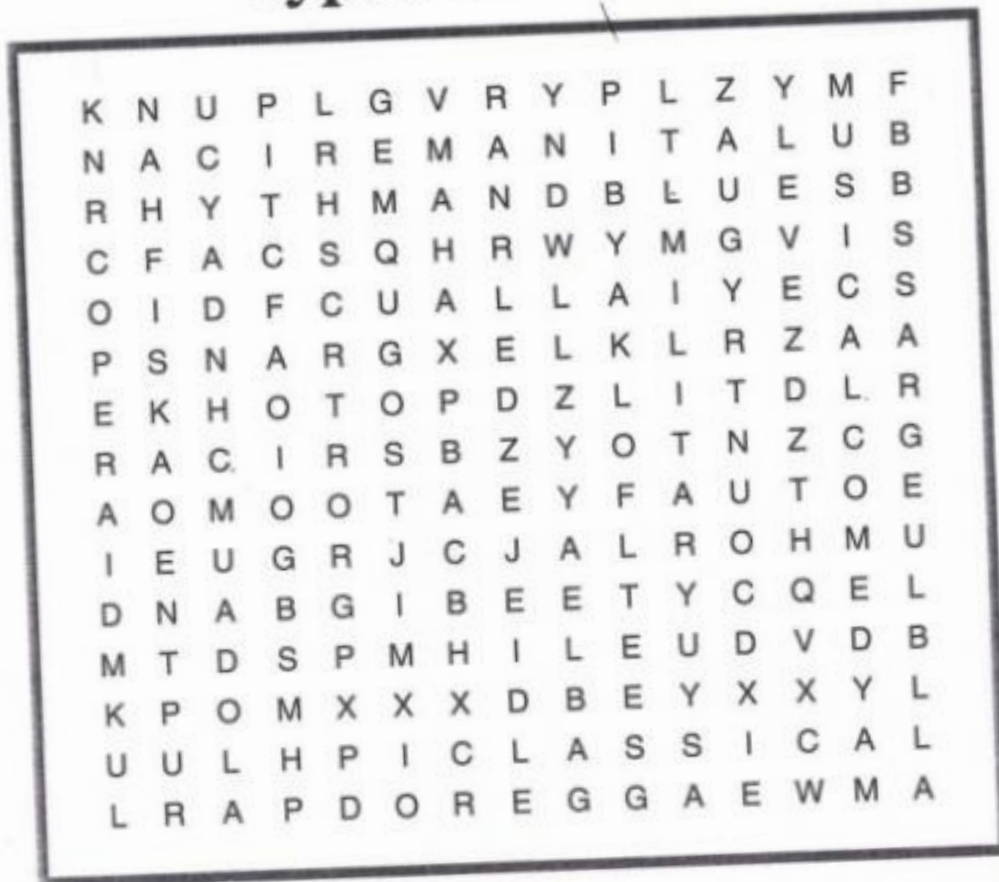
Compare the Songs

	Version 1	Version 2	Version 3
Describe a scene where this song might be used.			
Draw or list the instruments that you hear.			
Describe the musical elements that you hear.			
How does this song make you feel?			





Types of Music



AFROBEAT
BIG BAND
BLUEGRASS
CLASSICAL
COUNTRY
DIXIELAND
ELECTRONIC
FOLK

GOSPEL
JAZZ
LATIN AMERICAN
MILITARY
MUSICAL COMEDY
OPERA
PUNK

RAGTIME
RAP
REGGAE
RHYTHM AND BLUES
ROCK
SOUL
WALTZ

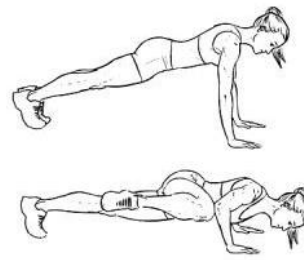
Week 4:: How you feel??? Use words or pictures to explain how your feeling

Date	How are you feeling?	

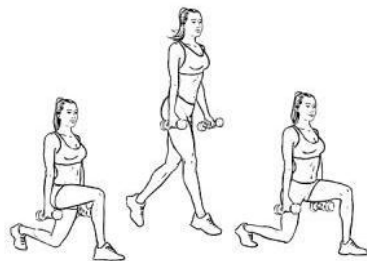
15-min Full Body Burner Home Workout



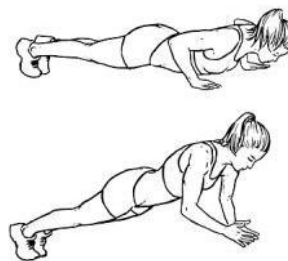
Jump Squat
2 sets / 15 reps



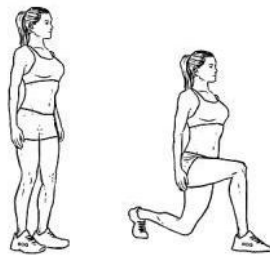
Spiderman Push-up
2 sets / 15 reps



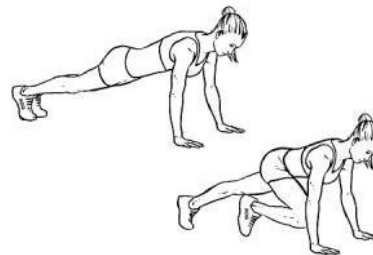
Split Alternating Squat
Jumps
2 sets / 15 reps



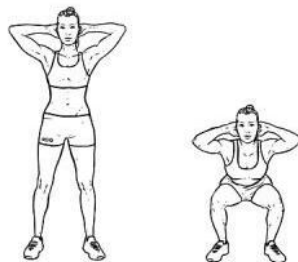
Dynamic Clap Push-up
2 sets / 15 reps



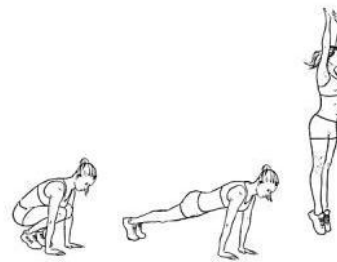
Bodyweight Walking Lunge
2 sets / 15 reps



Mountain Climbers /
Alternating Knee-ins
2 sets / 15 reps



Bodyweight Squat
1 sets / 15 reps



Burpees / Squat Thrust
1 sets / 15 reps

Social Skills "Friends"

Interrupting Others

Conversations are when two or more people engage in talk with each other. There are many times during the day when you have conversations. Name some people you have conversations with daily.

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

In a conversation there are two kinds of people:

A speaker



A listener.

Sometimes you will be the speaker and other times you are the listener. It is important to take turns when you are having a conversation.

Sometimes, when you are the listener, you may want to blurt out something while the other person is talking. Maybe you have a story similar to theirs.

Maybe you want to change the subject. This is called **INTERRUPTING**. Interrupting is a **BAD HABIT**. It is not a good friendship skill. It may make people not want to include you in their conversations. You need to show that you are interested in what the other person is saying. The only time it is ok to interrupt someone is if there is an emergency.

List some emergencies that may require you to interrupt a conversation.

1. _____ 2. _____
3. _____ 4. _____

Remember: To be a good listener you need to **LISTEN, ACT INTERESTED AND DON'T INTERRUPT**.

Who is your Friend? Who is Not?



A friend is someone you know well. A friend is someone you might have met at church, at school or around your neighborhood. You have spent time with this person getting to know them. You like the qualities the person has and you trust them.

List some people below that you would consider a friend:

1. _____ 2. _____ 3. _____
- Just because you are someone that looks like they "could" be your friend, it does not make them your friend. You should never approach a person you do not know!

If you have never met someone before, they are a **STRANGER**!

List the strangers below:

1. A man waiting in the mall. 2. Your bus driver. 3. A guy in the park.
4. Your next door neighbor. 5. A woman in a car asking for directions.
6. Someone you don't know at your front door. 7. Your Aunt.

If you do not know these people, walk away from them. And stay alone.

Here is a list of things that are **NOT** appropriate to do with a stranger. Always ask an adult for help.

1. Shake hands. _____ 4. Touch. _____
2. Put hands. _____ 5. Get in the car. _____
3. Hug. _____ 6. Follow. _____

7. Start conversation. _____

Even though a stranger may look nice, it is very possible he or she is **NOT**! To keep yourself safe, you need to not approach people that you do not know unless your parents, teacher or a safe adult tells you it is ok. **BE SAFE. STAY CALM. USE YOUR VOICE.**

How to Be A Friend

Being a friend is not just about having a good time with someone.



Here are some qualities that a good friend has. Write down what they mean to you.

- Good Listener = _____
- Approachable = _____
- Truthfully = _____
- Always Greeting = _____
- Selfless = _____
- Sensitive = _____

Read the stories below. How could you show you are a good friend?

1. Your friend is very upset because her parents had a big fight this morning.

2. Your friend is being picked on by some other kids in class.

3. Your friend fell and is bleeding on her knee.

4. Your friend is afraid to walk home from your house.

What is a Friend?

Friends are important for everyone to have.



What is a friend? _____

What are some things you like to do with your friends?

1. _____ 2. _____
3. _____ 4. _____

Name some good friend qualities:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

List qualities that are not good for being a friend:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

Sudoku

Level A, Puzzle #4: Piece of Cake

Try to fill in all of the the empty boxes so that:

Each row contains the numbers 1 through 9.

Each column contains the numbers 1 through 9.

Each square 3 by 3 box contains the numbers 1 through 9.

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

Name: _____

Date: _____

Personal strengths

HINTELLIGENTGELIMVPRCMJC
ORWJSYCFBGAGHLEPUNDKZGST
NECPJQICOCYBETLNMFAOTCDI
ELWCMPOJOOXONBFHUNDKAWCNZ
SIRDUUVQPEQEZTEPYUVOPORNP
WBFASHSELELNFNFARQMVCVU
MLGGOOFLIZEEVFOSYMPATHETIC
TEHUXCBFANDTJKLSVHDFYLL
QHUNDYAWAYSWYMUSSVHDFYLL
PENNTOWAYSWYMUSSVHDFYLL
EIPPCLPAMVLPQFIAUPHZYGN
KKAPONHAIBRRROGSAPESILY
JDBYUNDERSTANDINGOGHIEUX
ANAJMPCQHWOADWTUFRIMXFJ
GLAYNNUPJTTESPXNTWZGRTF
HAMCWAECQHERPXCUBEQVREYKGR
ELBAICOSYTYRZAZWOEZIMXUF
JPHXCXMSYTYRZAZWOEZIMXUF
CHVKIPFRITAREDLISNOCDFAHP
KOWPYBZERFULBQECAREINGPTV
BQLCHEERFULBQECAREINGPTV
HNKXWIXIWSJAWSSUORENEGIT
PYNWDRINSIGHTFULVJONMT

compassionate	sociable	flexible	adaptable
supportive	sympathetic	resilient	patient
cheerful	friendly	generous	understanding
insightful	intelligent	confident	considerate
caring	thoughtful	kind	funny
loyal	reliable	honest	courage

all about:



Favorite Food:



Something I'm
Good At:



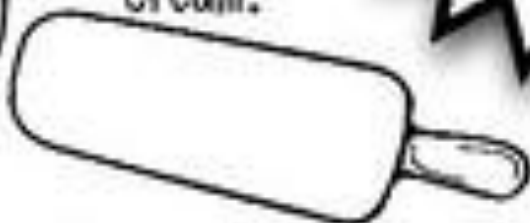
Favorite Subject:



My Birthday:



Favorite Ice
Cream:



Future Job:



Favorite TV Show:



My Family:





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by now we are hoping we are over Covid 19 express how you feel with a picture and writing about your experiences

Draw

Write

Drawn and written by: _____

“Minute to win it” Games

Card flip

Line up a deck of cards along the edge of a table side by side leaving a small gap in between each card. Line up the same amount of cards on each side of the table, aim of the game is to flick the card up with the back of your fingers and catch it before it hits the table again. You have to catch it with the palm of your hand facing down as it is harder. Fastest to catch them all wins.

What you need

- Pack of cards

Biscuit race

Place a biscuit on your forehead and without touching it wiggle it down your face without touching it, aim of the game being to get it into your mouth. You can do this on your own and try to beat your own time, or against family members. (don't eat too many biscuits lol)

What you need

- One biscuit

Bottle flip

Get an empty bottle and fill it with $\frac{1}{4}$ full of water and securely put the lid back on. See how many flips you can do in a minute, how many flips you can successfully do in a row, first to get to 10 flips.

What you need

- One bottle

Cup flip

You will need plastic cups and a bottle, the aim of the game is to put the cup slightly on the edge of the table and you need to flick the cup and aim to get it on the top of the bottle.

What you need

- Plastic cup
- Plastic Bottle

Pen flick

Keep your hand flat, palm to the ground, and place a pen across the top of your fingers, flick the pen up but catch it with your hand in the same position. See how many flicks you can get in a row, or within 1 minute.

What you need

- Pen

Outdoor games

Trick shot

You will need either a tennis ball or bouncy ball, make a small but difficult challenge with household items such as a wash hand basin, upside down bucket and bins to bounce the ball across and end up in a bin at the end.

What you need

- Tennis ball or bouncy ball
- Bin
- Wash hand basin
- buckets

Assault course

It's your turn to be creative and get active!! Create an assault course from anything you can find in your house! Crawl, jump, balance, run - just have fun with it!

Keepy Ups

Keep up a football for as long as you can, switch from foot to foot, then use your knees and keep going!

Juggle

Try something new and learn how to juggle - if you don't have tennis balls or juggling balls use oranges

Limbo

Set up limbo with a brush on built up buckets.

Other things to try

Bake / Cook

Learn a new skill??

Garden

Paint / Draw

Exercise indoors or outdoors

Make new fun videos or Tik Tok's

Write a letter

Keep a diary / journal on your time at home

Online blog on a topic that interests you

Board Games (monopoly, UNO, cluedo etc)

Organise or Decorate your room!

Create your own board game (get creative!)

Online resources

Create your own comic book

<https://www.pixton.com/uk/>

Interact with others in an online quiz or create your own

<https://kahoot.com/>

UK Safer internet centre

<https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s>

Mental Health Foundation

www.mentalhealth.org.uk

Natural History Online Tour

<https://naturalhistory.si.edu/visit/virtual-tour>

Pinterest - use this site for more creative ideas to do at home!

<https://www.pinterest.co.uk/>

Video Calls :

Google Hangouts

<https://hangouts.google.com/webchat/start>

HouseParty

<https://houseparty.com/>

DREAMSCHEME



Definitions

Coronavirus (COVID-19)

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.



Quarantine

This is a strict isolation imposed to prevent the spread of disease and involves staying at home or another location. You don't need to have symptoms of the disease to be quarantined.

Social distancing

Simple! Staying further away from people. It can mean simply standing further away from people, but also includes avoiding busy places, such as restaurants shopping centres.



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EA Youth Service

Telephone Support Lines for Young People

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
INSPIRE Students	INSPIRE provides advice on how to help and support pupils/ students.	Mental Health Alcohol and Drugs Money Exams Relationships Identity	02890328474
Lifeline	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing):	08088008000 18001 0808808800
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	08088005000 www.there4me.com
Aware	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222
Family Planning Association	Advice on sexual health	Sexual health Pregnancy Contraception STDs	03451228687
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414

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