



ACT 3 - Maintaining your personal energy and coping through lockdown

I would like to know more about the Active in Mind Programme - where can I find out more?

More information on Active in Mind can be found here <https://www.youthsporttrust.org/active-mind> To book Active in Mind training/programme opportunities for your school please contact athletecoordinator@youthsporttrust.org or for general information about Active in Mind programme please email louise.gray@youthsporttrust.org

Are there any resources available to pass this info on to staff?

All free to access resources can be found on the Active in Mind web pages in the targeted resources section. This includes teacher led sessions for all pupils, with accompanying slide deck and teacher lesson plans. <https://www.youthsporttrust.org/active-mind> these can be used by any teacher for pupils from KS2 upwards.

Can we buy Rachel's services?

Yes our Athlete Mentors deliver a range of programmes including Active in Mind which is accessible for pupils from Year 5 to Year 13. A range of athlete opportunities can be found here <https://www.youthsporttrust.org/our-athlete-mentors> in addition Active in Mind can also be accessed.