

Life Skills for Teens

A **FREE** 8 week online course
for young people, aged 11-18.
We share mental wellbeing
ideas in small bite-size
chapters... *giving you powerful
strategies you can use for life!*



Life Skills for Teens



The aim of this online course is to give you the science of why we behave the way we do when we get overwhelmed, or stressed. And what we can do to counteract this.

**You may find several strategies that work for you...
...or you may just find just **ONE** that is super helpful!**



www.greenhub.org.uk/lifeskills



The Green Hub
Project for Teens