



**A MENTAL HEALTH SOCIAL MOVEMENT BY AND FOR YOUNG PEOPLE  
ONLINE ACTIVITY - WEEKLY SCHEDULE:**



**MONDAY 22ND**

**4PM / THE OTR DIGITAL HUB / INSTAGRAM \***  
**4.30PM / MIND AID / ZOOM \*#**

**TUESDAY 23RD**

**10AM / REGULATING YOUR EMOTIONS**  
**4PM / TALKING ACTIVISM WITH NOOR / INSTAGRAM \***  
**4.15PM / SHAMELESS / ZOOM \*#**

**WEDNESDAY 24TH**

**11AM / YOGA / ZOOM \*#**  
**12PM / WHAT IS TIPP?**  
**3.30PM / THE OTR DIGITAL HUB / INSTAGRAM \***  
**6PM / RESILIENCE LAB / ZOOM \*#**

**THURSDAY 25TH**

**1PM / OTR CREATES / ZOOM \*#**  
**3.30PM / NATURE WORKS / ZOOM \*#**  
**5.15PM / RESILIENCE LAB / ZOOM \*#**

**FRIDAY 26TH**

**10AM / WHAT IS 'ABC PLEASE'?**  
**3PM / WORRY MANAGEMENT EPISODE 2**  
**6PM / OTR SOUNDS / ZOOM \*#**

**SATURDAY 27TH**

**10AM / THE OTR DIGITAL HUB / INSTAGRAM \***  
**3PM / WORKOUT WITH TOM**

**SUNDAY 28TH**

**11AM / UNSPOKEN TRUTHS OF LOCKDOWN, EPISODE 4 - SCHOOL AND WORK**



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