

# THE FANTASTIC FRED™ EXPERIENCE

Introducing a FREE NHS Mental Health Resource touring primary schools from February 2022!

The Fantastic FRED Experience is a live, interactive and educational mental health resource. It is specifically designed to inform, equip and build resilience for children in Reception and Years 1 to 6.



**F**OOD Eating the right foods

**R**EST Getting enough sleep

**E**XERCISE Being active

**D**EVICES Managing time on devices

It delivers simple, memorable and practical ways that young children can look after their mental health - with the letters in FRED's name representing the areas of educational focus.

Visit [thefantasticfredexperience.com](http://thefantasticfredexperience.com) or call 01892 750900 to find out more and book your experience.

We look forward to seeing you!

Best wishes,

*The Fantastic FRED Team*



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