User Guide IValueU Mobile App

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Version 1.02

Pavita Mohammed

1 Introduction

1.1 Scope and Purpose

The mobile app is titled 'IValueU' and it has been created for the pupils of Skipton Girls' High School. It is a wellbeing app that shows pupils indoor and outdoor physical and emotional activities they can do to improve and maintain their wellbeing. The activities are in the form of YouTube videos, made by pupils of Welsh primary schools. There is also a photo diary page where pupils can add a title, description and photo from their cameras or library and save them as diary entries. The more page shows pupils information about bibliotherapy and what organisations are involved in the app.

This user guide has been created to outline the flow of the app and explain how to navigate through the pages. Users should be aware that an internet connection is required to access the activity videos through YouTube. Users should also have access to their camera and photo library on their devices.

1.2 Process Overview

The app begins at the home screen where the user can tap the settings button. Here, they have the option to choose to register, change the theme or change the user language. The user can also choose the login button on the home screen and login with the password they set up on the registration page. The user chooses the indoor or outdoor tab. From there, the user chooses the physical or emotional menu and accesses the videos in that category. The user can choose the photo diary tab and click the plus button to add and save a new entry. The user can also choose the more tab at the bottom of the screen and click on either bibliotherapy or organisations.

Here is a typical sequence for using the software:

1. Open app
2. Click the Settings button from Home Page
3. Click Register and enter user details and click 'Register' button
4. Click Login from Home Page and enter password
5. Choose Indoor, Outdoor, Photo Diary or More tab.
6. Click through the Indoor and Outdoor tabs to get the Physical and Emotional YouTube video activities.
7. Click on the plus button to add and save new data to the Photo Diary.
8. Click on the Bibliotherapy or Organisations button to find out more information.

2 Login and Registration

The login and registration pages require the user to enter data. The Registration page can be found in the settings button on the homepage. The login button can also be found from the homepage. It should be noted, the user can access the login page from the registration page and vice versa. When the user registers, they enter a password, their first name, last name and DOB. The user then uses only the password they created to login.

2.1 Register and login to the app

This workflow focuses on how to register to the app, going through the settings button.

2.1.1 Procedures to register

1. Click on the settings button on the home page.
2. Click on the register button on the settings page.

   Option: If you have already registered, click on the 'Already have an account? Click here to log in.' text.

3. Click on a textbox to type in the details.
4. Type in the password to the password textbox.
5. Type in your first name to the first name textbox.
6. Type in your last name to the last name textbox.
7. Type in your DOB to the DOB textbox.

   Note: Enter your DOB in the form dd/mm/yyyy.

8. Click on the 'Register' button.
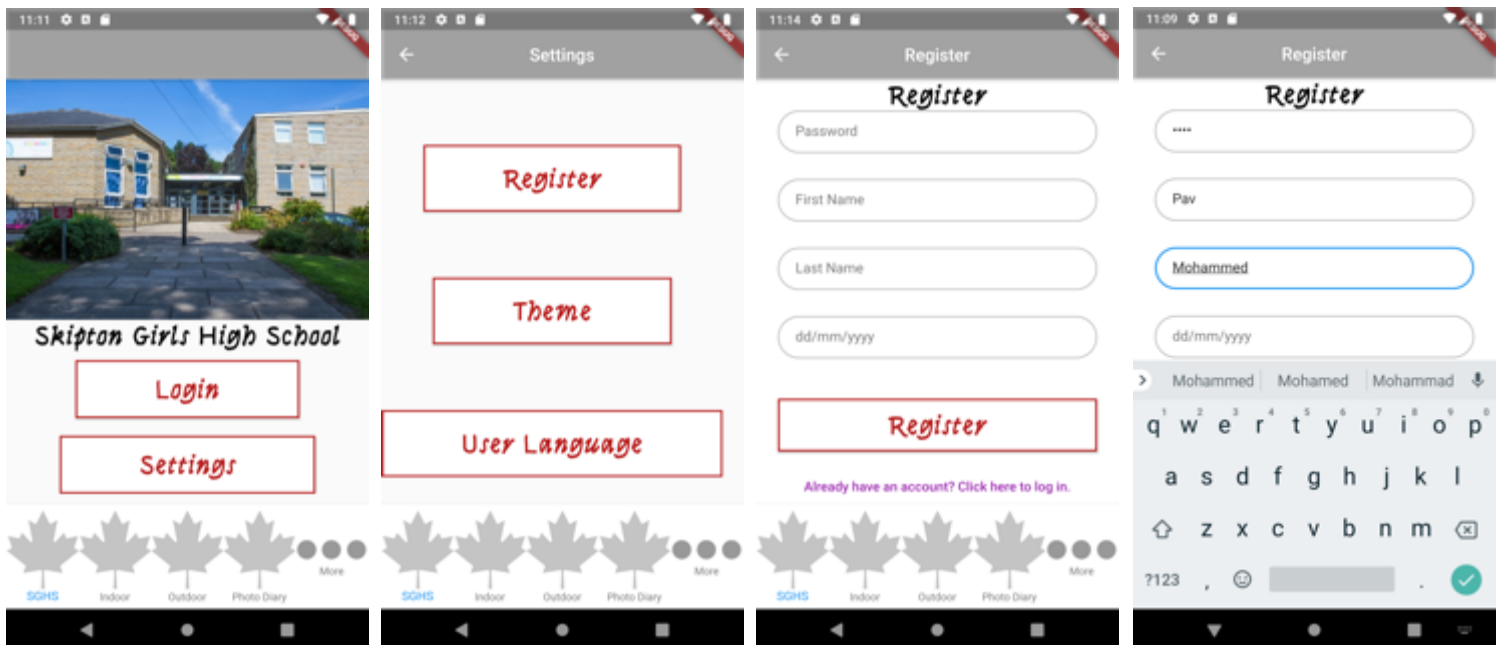
2.1.2   Procedures for logging in:

1. Click on the Login button on the home page.

    Option: If you have not yet registered, click on the 'No account? Click here to sign up.' text.

2. Click on a textbox to type in the details.
3. Type in the password to the password textbox.
4. Click on the 'Login' button.
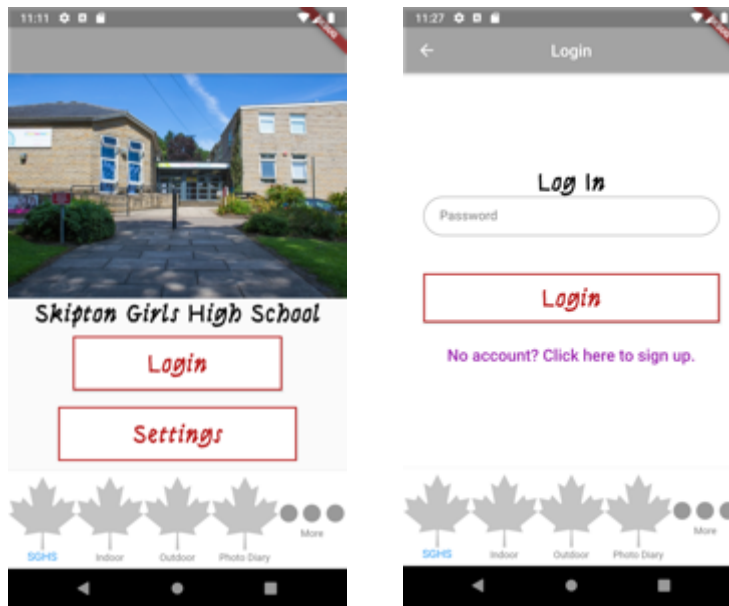
The values entered into the textboxes must be a certain type of character.

Indicator	Definition
Password	The password textbox will not show in text format in order to maintain user security.
First Name	The first name value must be letters only.
Last Name	The last name value must be letters only.
DOB	The DOB value must be numbers only and must be entered in the format dd/mm/yyyy.

Figure 1.1: Values for Registration and Login form.

3 Indoor and Outdoor Activities

The Indoor and Outdoor tabs at the bottom of the screen will bring up the respective menus. The user will be given the choice of physical or emotional activities. If the user clicks the physical button, the physical menu will display with some text of how to use the resources. The user clicks on the "physical activities" button and is taken to the options for physical activities. They click on the activity they want to do and are shown a YouTube video.

3.1 Accessing Physical activities

This workflow focuses on getting to access the physical activities in either the indoor or outdoor tab.

3.1.1 Procedure to access the indoor physical activities

1. Click on the indoor tab at the bottom of the screen.
2. Click on the "indoor activities" button or maple leaf.
3. Click on the "Physical" button or the maple leaf above it.
4. Click on the "Indoor Physical" button or maple leaf.

   Option 1: Click on the HIIT icon and access the YouTube Video.

   Option 2: Click on the first Yoga icon and access the YouTube Video.

   Option 3: Click on the second Yoga icon and access the YouTube Video.

3.1.2 Procedure to access the outdoor physical activities

1. Click on the outdoor tab at the bottom of the screen.
2. Click on the "outdoor activities" button or maple leaf.
3. Click on the "Physical" button or the maple leaf above it.
4. Click on the "Outdoor Physical" button or maple leaf.
5. Click on the Yoga icon and access the YouTube Video.
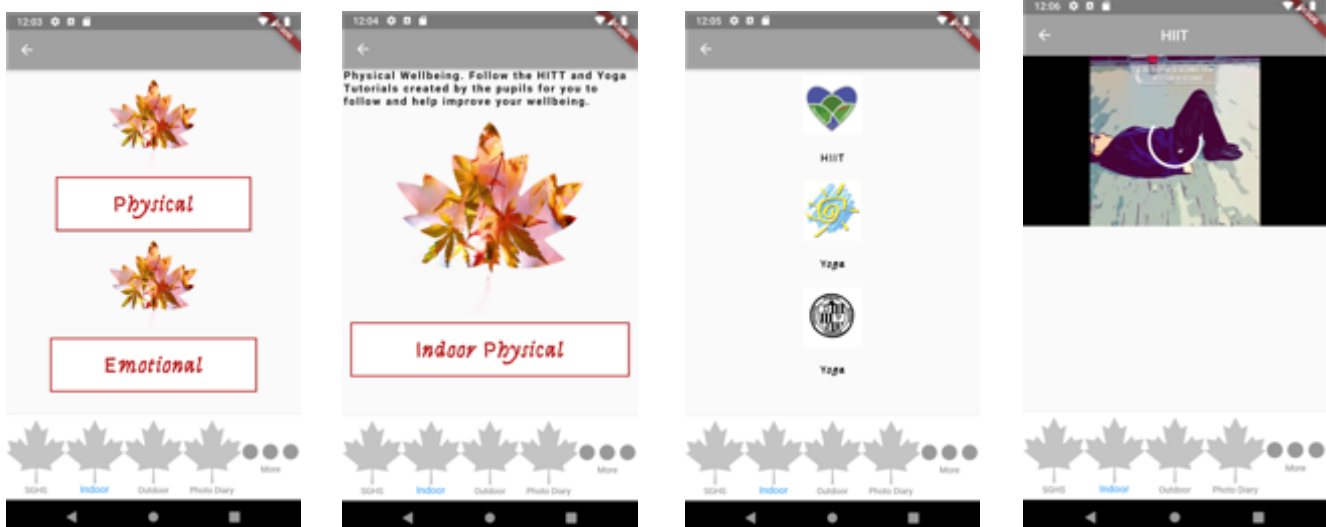
3.2 Accessing Emotional activities

3.2.1 Procedure to access the indoor emotional activities

1. Click on the indoor tab at the bottom of the screen.
2. Click on the "indoor activities" button or maple leaf.
3. Click on the "Emotional" button or the maple leaf above it.
4. Click on the "Indoor Emotional" button or maple leaf.

   Option 1: Click on the Meddwi iach trwy tapio m icon and see the four video options. Click on one to access the YouTube Video.

   Option 2: Click on the Picking out the Positives icon and see the three video options. Click on one to access the YouTube Video.

   Option 3: Click on the Blaencycwm Breathing Buddies icon and see the two video options. Click on one to access the YouTube Video

3.2.2 Procedure to access the outdoor emotional activities

1. Click on the outdoor tab at the bottom of the screen.
2. Click on the "outdoor activities" button or maple leaf.
3. Click on the "Emotional" button or the maple leaf above it.
4. Click on the "Outdoor Emotional" button or maple leaf.

   Option 1: Click on the Picking out the Positives icon and access the YouTube Video.

   Option 2: Click on the Deighton Destress Tool icon and see the five video options. Click on one to access the YouTube Video.

   Option 3: Click on the Blaencycwm Breathing Buddies icon and see the three video options. Click on one to access the YouTube Video.

   Option 4: Click on the Meditation Animation icon and access the text about it and the YouTube Video.
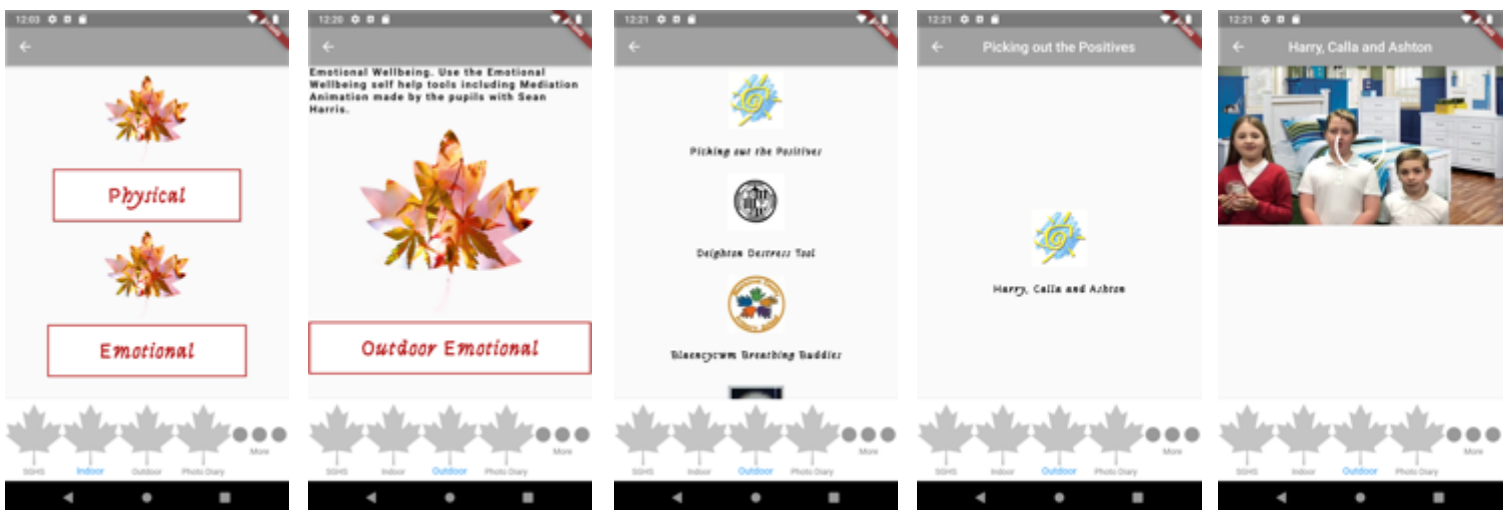
4 Photo Diary

The Photo Diary tab at the bottom of the screen takes the user to a menu similar to the ones for the Indoor and Outdoor tabs. The user clicks the 'photo diary' button and is shown the list view of previously saved data entries. The user clicks on the plus icon on the right-hand corner of the screen and they are shown a page to add new data. Here, they can add a title, description and image from their camera or photo library to their entry. When they click the save button, their entry will be in the list.

4.1 Adding new data to the photo diary

This workflow demonstrates how to navigate through the photo diary and add new data.

4.1.1 Procedure to add new data using the camera

1. Click on the photo diary tab at the bottom of the screen.
2. Click on the "photo diary" button or the maple leaf.
3. Click on the plus button in the right-hand corner.
   Option: Alternatively, you could click on a current entry in the list view to view it.
4. Click on a textbox to type in details.
5. Type in the title of the entry.
6. Type in the description of the entry.
7. Click on the camera button to take a photo.
8. Click the camera icon to take a photo.
9. Click the save button to save the entry to the list.

4.1.2 Procedure to add new data using the photo library

1. Click on the photo diary tab at the bottom of the screen.
2. Click on the "photo diary" button or the maple leaf.
3. Click on the plus button in the right-hand corner.
   Option: Alternatively, you could click on a current entry in the list view to view it.
4. Click on a textbox to type in details.
5. Type in the title of the entry.
6. Type in the description of the entry.
7. Click on the library button to choose an existing photo.
8. Click the photo you would like to use.
9. Click the save button to save the entry to the list.

5 More Page

The More Page can be accessed by the tab at the bottom of the screen. It gives the user the option of accessing the Bibliotherapy page or the Organisations page.

5.1 Accessing the Bibliotherapy page

This workflow demonstrates how to access the bibliotherapy page from the more page.

5.1.1 Procedure to access the bibliotherapy page

1. Click on the more tab at the bottom of the screen.
2. Click on the bibliotherapy button.
3. Click on the 'bibliotherapy' button or the maple leaf.
4. Scroll to read the text.

5.2 Accessing the Bibliotherapy page

This workflow demonstrates how to access the organisations page from the more page.

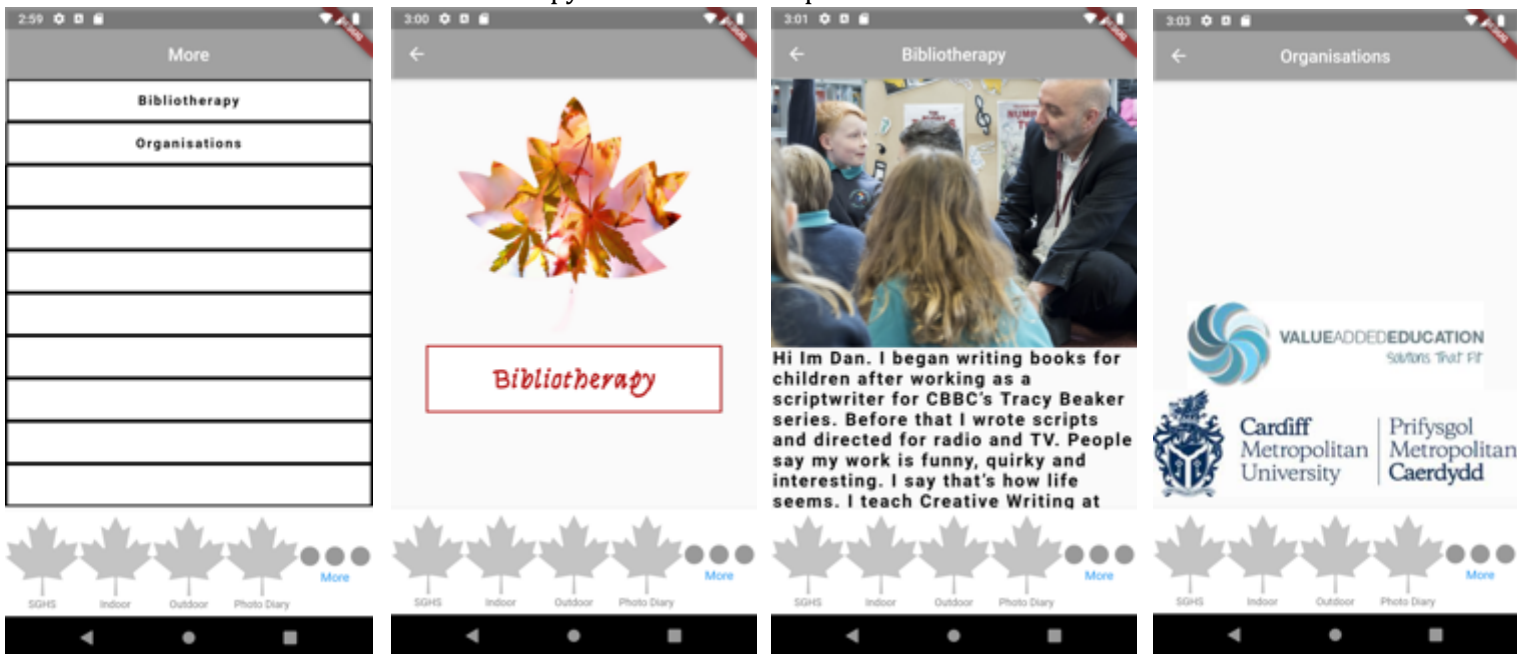### 5.2.1 Procedure to access the organisations page

1. Click on the more tab at the bottom of the screen.
2. Click on the organisations button.
3. Click on the 'bibliotherapy' button or the maple leaf.

If you encounter issues not addressed by this user guide, please contact your account manager for additional support.

Process/Workflow

Style Name	Apply to
TOC 3	TOC display information for a subsection 2. Generated automatically from Heading 3.

Code

Add New Data

```dart
import 'dart:html';
import 'dart:io';

import 'package:flutter/material.dart';
import 'package:image_picker/image_picker.dart';

class AddData extends StatefulWidget {
  static String tag = 'addData-page';
  @override
  _AddDataState createState() => _AddDataState();
}

class _AddDataState extends State<AddData> {

  var _titleController = new TextEditingController();
  var _descriptController = new TextEditingController();

  File _image;

  _imgFromCamera() async {
    File image = await ImagePicker.pickImage(
        source: ImageSource.camera, imageQuality: 50
    );

    setState(() {
      _image = image;
    });
  }

  _imgFromGallery() async {
    File image = await  ImagePicker.pickImage(
        source: ImageSource.gallery, imageQuality: 50
    );

    setState(() {
      _image = image;
    });
  }

    @override
    Widget build(BuildContext context) {

      final titleText = Text(
        'Title:',
        style: TextStyle(
          fontSize: 25.0,
          fontWeight: FontWeight.bold,
          letterSpacing: 2.0,
          color: Colors.black,
```

```
      ),
    );

    final title = TextFormField(
      controller: _titleController,
      keyboardType: TextInputType.text,
      autofocus: false,
      obscureText: true,
      decoration: InputDecoration(
        hintText: 'Title',
        contentPadding: EdgeInsets.fromLTRB(20.0, 10.0, 20.0, 10.0),
        border: OutlineInputBorder(borderRadius:
BorderRadius.circular(32.0)),
      ),
    );

    final descriptionText = Text(
      'Description:',
      style: TextStyle(
        fontSize: 25.0,
        fontWeight: FontWeight.bold,
        letterSpacing: 2.0,
        color: Colors.black,
      ),
    );

    final description = TextFormField(
      controller: _descriptController,
      keyboardType: TextInputType.text,
      autofocus: false,
      decoration: InputDecoration(
        hintText: 'Description',
        contentPadding: EdgeInsets.fromLTRB(20.0, 10.0, 20.0, 10.0),
        border: OutlineInputBorder(borderRadius:
BorderRadius.circular(32.0)),
      ),
    );

    final imageText = Text(
      'Image:',
      style: TextStyle(
        fontSize: 25.0,
        fontWeight: FontWeight.bold,
        letterSpacing: 2.0,
        color: Colors.black,
      ),
    );

    final image = Image.asset('Assets/Placeholder.jpg');
    _image != null
        ? ClipRRect(
            child: Image.file(
              _image,
              width: 100,
              height: 100,
              fit: BoxFit.fitHeight,
            ),
          ):;

    final cameraButton = Padding(
```

```dart
      padding: EdgeInsets.symmetric(vertical: 16.0),
      child: RaisedButton(
        textColor: Colors.red[900],
        color: Colors.white,
        shape: Border.all(width: 2.0, color: Colors.red[900]),
        padding: EdgeInsets.all(12),
        onPressed: () {
          _imgFromCamera();
        },
        child: Text(
          "Camera",
          style: TextStyle(
            fontSize: 30.0,
            fontWeight: FontWeight.bold,
            letterSpacing: 2.0,
            fontFamily: 'SyneTactile',
          ),
        ),
      ),
    );

    final libraryButton = Padding(
      padding: EdgeInsets.symmetric(vertical: 16.0),
      child: RaisedButton(
        textColor: Colors.red[900],
        color: Colors.white,
        shape: Border.all(width: 2.0, color: Colors.red[900]),
        padding: EdgeInsets.all(12),
        onPressed: () {
          _imgFromGallery();
        },
        child: Text(
          "Library",
          style: TextStyle(
            fontSize: 30.0,
            fontWeight: FontWeight.bold,
            letterSpacing: 2.0,
            fontFamily: 'SyneTactile',
          ),
        ),
      ),
    );

    final saveButton = Padding(
      padding: EdgeInsets.symmetric(vertical: 16.0),
      child: RaisedButton(
        textColor: Colors.red[900],
        color: Colors.white,
        shape: Border.all(width: 2.0, color: Colors.red[900]),
        padding: EdgeInsets.all(12),
        onPressed: () {
          var route = new MaterialPageRoute(
              builder: (BuildContext context) =>
                  new NextPage(value: _titleController.text),
          );
          Navigator.of(context).push(route);
        },
        child: Text(
          "Save",
          style: TextStyle(
            fontSize: 30.0,
```

```dart
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    fontFamily: 'SyneTactile',
                ),
            ),
        ),
    );


    return Scaffold(
      backgroundColor: Colors.white,
      appBar: AppBar(
        title: Text("Add New Data"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Center(
        child: ListView(
          shrinkWrap: true,
          padding: EdgeInsets.only(left: 24.0, right: 24.0),
          children: <Widget>[
            SizedBox( //Use of SizedBox
              height: 10,
            ),
            titleText,
            title,
            descriptionText,
            description,
            imageText,
            image,
            SizedBox( //Use of SizedBox
              height: 100,
            ),
            cameraButton,
            libraryButton,
            saveButton,
          ],
        ),
      ),
    );
  }
}

class NextPage extends StatefulWidget {

  final String value;
  NextPage({Key key, this.value}) : super (key: key);


  @override
  _NextPageState createState() => _NextPageState();
}

class _NextPageState extends State<NextPage> {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Photo Diary"),
        centerTitle: true,
        backgroundColor: Colors.black12,
        actions: <Widget>[
```

```
        IconButton(icon: Icon(Icons.add),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => AddData()),
              );
            }),
        ],
    ),
    body: new Row(
      child: Image(image: _image)
      child: Text("${widget.value}"),
      child: Text("${widget.value}"),
    )
  );
 }
}
```

Bibliotherapy

```dart
import 'package:flutter/material.dart';

class BibliotherapyPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Bibliotherapy"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Image.asset('Assets/Dan_Anthony.jpg'),
              Text(
                'Hi Im Dan. I began writing books for children after working as
a scriptwriter for CBBC's Tracy Beaker series. Before that I wrote scripts and
directed for radio and TV. People say my work is funny, quirky and interesting.
I say that's how life seems. I teach Creative Writing at Cardiff Metropolitan
university and am a specialist in the field of intellectual property – there is
a funny, quirky and interesting aspect to it – does it help or hinder our
creative instincts? I run successful workshops for children and young adult
readers throughout the UK. I use my own stories as springboards into new
writing. People say that these transformative sessions switch students onto
reading and writing.',
                style: TextStyle(
                  fontSize: 20.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                ),
              ),
            ],
          ),
        ),
      ),
    );
```

```
    }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Bibliotherapy.dart';

class BibliotherapyMenuPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Center(
                child: SizedBox(
                  height: 300.0,
                  width: 300.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                          builder: (context) => BibliotherapyPage()),
                      );
                    },
                    icon: Image.asset('Assets/MapleLeafLarge.png'),
                  ),
                ),
              ),
              Center(
                child: RaisedButton(
                  textColor: Colors.red[900],
                  color: Colors.white,
                  shape: Border.all(width: 2.0, color: Colors.red[900]),
                  padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
75.0),

                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                        builder: (context) => BibliotherapyPage()),
                    );
                  },
                  child: Text(
                    "Bibliotherapy",
                    style: TextStyle(
                      fontSize: 30.0,
                      fontWeight: FontWeight.bold,
                      letterSpacing: 2.0,
                      fontFamily: 'SyneTactile',
                    ),
                  ),
                ),
              ),
```

Process/Workflow

```
            ],
          ),
        ),
      ),
    );
  }
}
```

Blaencycwm

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Blaencycwm%20E4-2.dart';
import 'package:i_value_u_revised/Blaencycwm%20E4-3.dart';


class BlaencycwmPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Blaencycwm Breating Buddies"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              SizedBox(    //Use of SizedBox
                height: 90,
              ),
              Center(
                child: SizedBox(
                  height: 100.0,
                  width: 100.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => BlaencycwmE42Page()),
                      );
                    },
                    icon: Image.asset('Assets/P4.png'),
                  ),
                ),
              ),
              FlatButton(
                child: Text(
                  'Tyler and Bethany',
                  style: TextStyle(
                    fontSize: 15.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    color: Colors.black,
                    fontFamily: 'SyneTactile',
                  ),
                ),
                onPressed: () {
                  Navigator.push(
```

```
                context,
                MaterialPageRoute(
                    builder: (context) => BlaencycwmE42Page()),
              );
            },
          ),
          Center(
            child: SizedBox(
              height: 100.0,
              width: 100.0,
              child: IconButton(
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => BlaencycwmE43Page()),
                  );
                },
                icon: Image.asset('Assets/P4.png'),
              ),
            ),
          ),
          FlatButton(
            child: Text(
              'Duy and Callum',
              style: TextStyle(
                fontSize: 15.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
                fontFamily: 'SyneTactile',
              ),
            ),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => BlaencycwmE43Page()),
              );
            },
          ),
        ],
      ),
    ),
  );
  }
}
```

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Blaencycwm%20E4-1.dart';
import 'package:i_value_u_revised/Blaencycwm%20E4-4.dart';
import 'package:i_value_u_revised/Blaencycwm%20E4-5.dart';


class Blaencycwm2Page extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
```

```
              title: Text("Blaencycwm Breathing Buddies"),
              centerTitle: true,
              backgroundColor: Colors.black12,
            ),
          body: Container(
            child: SingleChildScrollView(
              child: Column(
                children: <Widget>[
                Center(
                  child: SizedBox(
                    height: 100.0,
                    width: 100.0,
                    child: IconButton(
                      onPressed: () {
                        Navigator.push(
                          context,
                          MaterialPageRoute(
                              builder: (context) => BlaencycwmE41Page()),
                        );
                      },
                      icon: Image.asset('Assets/P4.png'),
                    ),
                  ),
                ),
                FlatButton(
                  child: Text(
                    'Maddie and Nevie',
                    style: TextStyle(
                      fontSize: 15.0,
                      fontWeight: FontWeight.bold,
                      letterSpacing: 2.0,
                      color: Colors.black,
                      fontFamily: 'SyneTactile',
                    ),
                  ),
                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => BlaencycwmE41Page()),
                    );
                  },
                ),
                Center(
                  child: SizedBox(
                    height: 100.0,
                    width: 100.0,
                    child: IconButton(
                      onPressed: () {
                        Navigator.push(
                          context,
                          MaterialPageRoute(
                              builder: (context) => BlaencycwmE44Page()),
                        );
                      },
                      icon: Image.asset('Assets/P4.png'),
                    ),
                  ),
                ),
                FlatButton(
                  child: Text(
```

```
                    'Grace and Ellie',
                style: TextStyle(
                    fontSize: 15.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    color: Colors.black,
                    fontFamily: 'SyneTactile',
                ),
            ),
            onPressed: () {
                Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => BlaencycwmE44Page()),
                );
            },
        ),
        Center(
            child: SizedBox(
                height: 100.0,
                width: 100.0,
                child: IconButton(
                    onPressed: () {
                        Navigator.push(
                            context,
                            MaterialPageRoute(
                                builder: (context) => BlaencycwmE45Page()),
                        );
                    },
                    icon: Image.asset('Assets/P4.png'),
                ),
            ),
        ),
        FlatButton(
            child: Text(
                'Jessica and Tina',
                style: TextStyle(
                    fontSize: 15.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    color: Colors.black,
                    fontFamily: 'SyneTactile',
                ),
            ),
            onPressed: () {
                Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => BlaencycwmE45Page()),
                );
            },
        ),
        ],
        ),
        ),
        ),
    );
    }
}
```

```dart
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class BlaencycwmE41Page extends StatefulWidget {
  @override
  _BlaencycwmE41PageState createState() => _BlaencycwmE41PageState();
}

class _BlaencycwmE41PageState extends State<BlaencycwmE41Page> {

  String videoURL = "https://youtu.be/QWSWluskpbM";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Maddie and Nevie"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class BlaencycwmE42Page extends StatefulWidget {
  @override
  _BlaencycwmE42PageState createState() => _BlaencycwmE42PageState();
}

class _BlaencycwmE42PageState extends State<BlaencycwmE42Page> {

  String videoURL = "https://youtu.be/04SGYB1lrFE";
```

```
  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Tyler and Bethany"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class BlaencycwmE43Page extends StatefulWidget {
  @override
  _BlaencycwmE43PageState createState() => _BlaencycwmE43PageState();
}

class _BlaencycwmE43PageState extends State<BlaencycwmE43Page> {

  String videoURL = "https://youtu.be/019r08HyrQo";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
```

```
   Widget build(BuildContext context) {
     return Scaffold(
       appBar: AppBar(
         title: Text("Duy and Callum"),
         centerTitle: true,
         backgroundColor: Colors.black12,
       ),
       body: Container(
         child: SingleChildScrollView(
           child: Column(
             children: <Widget>[
               YoutubePlayer(
                 controller: _controller,
               ),
             ],
           ),
         ),
       ),
     );
   }
}
```

```
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class BlaencycwmE44Page extends StatefulWidget {
  @override
  _BlaencycwmE44PageState createState() => _BlaencycwmE44PageState();
}

class _BlaencycwmE44PageState extends State<BlaencycwmE44Page> {

  String videoURL = "https://youtu.be/82f0kVf_maQ";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Grace and Ellie"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
```

```
                ),
              ],
            ),
          ),
        ),
      );
    }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class BlaencycwmE45Page extends StatefulWidget {
  @override
  _BlaencycwmE45PageState createState() => _BlaencycwmE45PageState();
}

class _BlaencycwmE45PageState extends State<BlaencycwmE45Page> {

  String videoURL = "https://youtu.be/Aq3aQwdz8JA";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Jessica and Tina"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

Deighton

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Deighton%20E3-1.dart';
import 'package:i_value_u_revised/Deighton%20E3-2.dart';
import 'package:i_value_u_revised/Deighton%20E3-3.dart';
import 'package:i_value_u_revised/Deighton%20E3-4.dart';
import 'package:i_value_u_revised/Deighton%20E3-5.dart';


class DeightonPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Deighton Destress Tool"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
            Center(
              child: SizedBox(
                height: 100.0,
                width: 100.0,
                child: IconButton(
                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => DeightonE31Page()),
                    );
                  },
                  icon: Image.asset('Assets/P3.png'),
                ),
              ),
            ),
            FlatButton(
              child: Text(
                'Ellie and Harley',
                style: TextStyle(
                  fontSize: 15.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                  fontFamily: 'SyneTactile',
                ),
              ),
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => DeightonE31Page()),
                );
              },
            ),
            Center(
              child: SizedBox(
                height: 100.0,
                width: 100.0,
                child: IconButton(
```

```
    onPressed: () {
      Navigator.push(
        context,
        MaterialPageRoute(
          builder: (context) => DeightonE32Page()),
      );
    },
    icon: Image.asset('Assets/P3.png'),
  ),
),
FlatButton(
  child: Text(
    'Isabelle and Layla',
    style: TextStyle(
      fontSize: 15.0,
      fontWeight: FontWeight.bold,
      letterSpacing: 2.0,
      color: Colors.black,
      fontFamily: 'SyneTactile',
    ),
  ),
  onPressed: () {
    Navigator.push(
      context,
      MaterialPageRoute(
        builder: (context) => DeightonE32Page()),
    );
  },
),
Center(
  child: SizedBox(
    height: 100.0,
    width: 100.0,
    child: IconButton(
      onPressed: () {
        Navigator.push(
          context,
          MaterialPageRoute(
            builder: (context) => DeightonE33Page()),
        );
      },
      icon: Image.asset('Assets/P3.png'),
    ),
  ),
),
FlatButton(
  child: Text(
    'Olivia and Summer',
    style: TextStyle(
      fontSize: 15.0,
      fontWeight: FontWeight.bold,
      letterSpacing: 2.0,
      color: Colors.black,
      fontFamily: 'SyneTactile',
    ),
  ),
  onPressed: () {
    Navigator.push(
      context,
      MaterialPageRoute(
```

```
              builder: (context) => DeightonE33Page()),
            );
          },
        ),
        Center(
          child: SizedBox(
            height: 100.0,
            width: 100.0,
            child: IconButton(
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => DeightonE34Page()),
                );
              },
              icon: Image.asset('Assets/P3.png'),
            ),
          ),
        ),
        FlatButton(
          child: Text(
            'Kason and Kian',
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
              letterSpacing: 2.0,
              color: Colors.black,
              fontFamily: 'SyneTactile',
            ),
          ),
          onPressed: () {
            Navigator.push(
              context,
              MaterialPageRoute(
                  builder: (context) => DeightonE34Page()),
            );
          },
        ),
        Center(
          child: SizedBox(
            height: 100.0,
            width: 100.0,
            child: IconButton(
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => DeightonE35Page()),
                );
              },
              icon: Image.asset('Assets/P3.png'),
            ),
          ),
        ),
        FlatButton(
          child: Text(
            'Gracie and Sarah',
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
```

```
                    letterSpacing: 2.0,
                    color: Colors.black,
                    fontFamily: 'SyneTactile',
                  ),
                ),
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => DeightonE35Page()),
                  );
                },
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class DeightonE31Page extends StatefulWidget {
  @override
  _DeightonE31PageState createState() => _DeightonE31PageState();
}

class _DeightonE31PageState extends State<DeightonE31Page> {

  String videoURL = "https://youtu.be/888eyVvQY50";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Ellie and Harley"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
```

```
        ],
      ),
    ),
  ),
);
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class DeightonE32Page extends StatefulWidget {
  @override
  _DeightonE32PageState createState() => _DeightonE32PageState();
}

class _DeightonE32PageState extends State<DeightonE32Page> {

  String videoURL = "https://youtu.be/xyklkqbopDY";

  YoutubePlayerController _controller;

  @override
  void initState() {
    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Isabelle and Layla"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class DeightonE33Page extends StatefulWidget {
  @override
  _DeightonE33PageState createState() => _DeightonE33PageState();
```

```dart
}

class _DeightonE33PageState extends State<DeightonE33Page> {

  String videoURL = "https://youtu.be/MQQSBqsBE9c";

  YoutubePlayerController _controller;

  @override
  void initState() {
    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Olivia and Summer"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class DeightonE34Page extends StatefulWidget {
  @override
  _DeightonE34PageState createState() => _DeightonE34PageState();
}

class _DeightonE34PageState extends State<DeightonE34Page> {

  String videoURL = "https://youtu.be/IwvtEBI8xik";

  YoutubePlayerController _controller;

  @override
  void initState() {
    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );
```

```dart
    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Kason and Kian"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class DeightonE35Page extends StatefulWidget {
  @override
  _DeightonE35PageState createState() => _DeightonE35PageState();
}

class _DeightonE35PageState extends State<DeightonE35Page> {

  String videoURL = "https://youtu.be/pd1Gq9PqoGk";

  YoutubePlayerController _controller;

  @override
  void initState() {
    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Gracie and Sarah"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
```

Process/Workflow

```
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

Emotional Indoor

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Indoor%20Emotional.dart';

class EmotionalIndoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
            Text(
              'Emotional Wellbeing. Use the Emotional Wellbeing self help
tools.',
              style: TextStyle(
                fontSize: 15.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
              ),
            ),
            Center(
              child: SizedBox(
                height: 300.0,
                width: 300.0,
                child: IconButton(
                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => IndoorEmotionalPage()),
                    );
                  },
                  icon: Image.asset('Assets/MapleLeafLarge.png'),
                ),
              ),
            ),
            Center(
              child: RaisedButton(
```

```
                  textColor: Colors.red[900],
                  color: Colors.white,
                  shape: Border.all(width: 2.0, color: Colors.red[900]),
                  padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
75.0),

                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => IndoorEmotionalPage()),
                    );
                  },
                  child: Text(
                    "Indoor Emotional",
                    style: TextStyle(
                      fontSize: 30.0,
                      fontWeight: FontWeight.bold,
                      letterSpacing: 2.0,
                      fontFamily: 'SyneTactile',
                    ),
                  ),
                ),
              ),
            ),
          ],
        ),
      ),
    ),
  );
  }
}
```

Emotional Outdoor

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Outdoor%20Emotional.dart';

class EmotionalOutdoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Text(
                'Emotional Wellbeing. Use the Emotional Wellbeing self help
tools including Mediation Animation made by the pupils with Sean Harris.',
                style: TextStyle(
                  fontSize: 15.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                ),
              ),
              Center(
```

```dart
                child: SizedBox(
                  height: 300.0,
                  width: 300.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                          builder: (context) => OutdoorEmotionalPage()),
                      );
                    },
                    icon: Image.asset('Assets/MapleLeafLarge.png'),
                  ),
                ),
              ),
            Center(
              child: RaisedButton(
                textColor: Colors.red[900],
                color: Colors.white,
                shape: Border.all(width: 2.0, color: Colors.red[900]),
                padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
75.0),

                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                      builder: (context) => OutdoorEmotionalPage()),
                  );
                },
                child: Text(
                  "Outdoor Emotional",
                  style: TextStyle(
                    fontSize: 30.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    fontFamily: 'SyneTactile',
                  ),
                ),
              ),
            ),
          ),
        ],
      ),
    ),
  ),
);
}
}
```

HIIT

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class HIITPage extends StatefulWidget {
  @override
  _HIITPageState createState() => _HIITPageState();
}

class _HIITPageState extends State<HIITPage> {
```

```dart
  String videoURL = "https://youtu.be/s7ABZA199rY";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("HIIT"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                  controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

Home

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Login.dart';
import 'package:i_value_u_revised/Settings.dart';

class HomePage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[

              Image.asset('Assets/SGHS Homepage.jpg'),
              Text(
                  'Skipton Girls High School',
```

```
              style: TextStyle(
                fontSize: 30.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
                fontFamily: 'SyneTactile',
              ),
           ),
         SizedBox(    //Use of SizedBox
           height: 10,
         ),
         Center(
             child: RaisedButton(
               textColor: Colors.red[900],
               color: Colors.white,
               shape: Border.all(width: 2.0, color: Colors.red[900]),
               padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
90.0),

               onPressed: () {
                 Navigator.push(
                   context,
                   MaterialPageRoute(
                       builder: (context) => LoginPage()),
                 );
               },
               child: Text(
                 "Login",
                 style: TextStyle(
                   fontSize: 30.0,
                   fontWeight: FontWeight.bold,
                   letterSpacing: 2.0,
                   fontFamily: 'SyneTactile',
                 ),
              ),
           ),
         ),
         SizedBox(    //Use of SizedBox
           height: 20,
         ),
          Center(
             child: RaisedButton(
               textColor: Colors.red[900],
               color: Colors.white,
               shape: Border.all(width: 2.0, color: Colors.red[900]),
               padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
90.0),

               onPressed: () {
                 Navigator.push(
                   context,
                   MaterialPageRoute(
                       builder: (context) => SettingsPage()),
                 );
               },
               child: Text(
                 "Settings",
                 style: TextStyle(
                   fontSize: 30.0,
                   fontWeight: FontWeight.bold,
                   letterSpacing: 2.0,
                   fontFamily: 'SyneTactile',
                 ),
```

```
                ),
              ),
            ),
          ],
        ),
      ),
    ),
  );
  }
}
```

Indoor

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Options%20Indoor.dart';

class IndoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Column(
      children: <Widget>[
        SizedBox(    //Use of SizedBox
          height: 75,
        ),
        Expanded(
          child: Center(
            child: SizedBox(
              height: 800.0,
              width: 800.0,
              child: IconButton(
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => OptionsIndoorPage()),
                  );
                },
                icon: Image.asset('Assets/MapleLeafLarge.png'),
              ),
            ),
          ),
        ),
        Expanded(
          child: Center(
            child: RaisedButton(
              textColor: Colors.red[900],
              color: Colors.white,
              shape: Border.all(width: 2.0, color: Colors.red[900]),
              padding: EdgeInsets.symmetric(vertical: 20.0, horizontal: 90.0),
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => OptionsIndoorPage()),
                );
              },
              child: Text(
                "Indoor Activities",
                style: TextStyle(
                  fontSize: 30.0,
```

Process/Workflow

```
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                fontFamily: 'SyneTactile',
              ),
            ),
          ),
        ),
      ),
    ],
  );
 }
}
```

Indoor Emotional

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Blaencycwm.dart';
import 'package:i_value_u_revised/Meddwi.dart';
import 'package:i_value_u_revised/Positives.dart';

class IndoorEmotionalPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
            Center(
              child: SizedBox(
                height: 100.0,
                width: 100.0,
                child: IconButton(
                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                        builder: (context) => MeddwiPage()),
                    );
                  },
                  icon: Image.asset('Assets/P1.png'),
                ),
              ),
            ),
            FlatButton(
              child: Text(
                'Meddwi iach trwy tapio m.',
                style: TextStyle(
                  fontSize: 15.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                  fontFamily: 'SyneTactile',
                ),
              ),
```

```
    onPressed: () {
      Navigator.push(
        context,
        MaterialPageRoute(
            builder: (context) => MeddwiPage()),
      );
    },
  ),
  Center(
    child: SizedBox(
      height: 100.0,
      width: 100.0,
      child: IconButton(
        onPressed: () {
          Navigator.push(
            context,
            MaterialPageRoute(
                builder: (context) => PositivesPage()),
          );
        },
        icon: Image.asset('Assets/P2.png'),
      ),
    ),
  ),
  FlatButton(
    child: Text(
      'Picking out the Positives',
      style: TextStyle(
        fontSize: 15.0,
        fontWeight: FontWeight.bold,
        letterSpacing: 2.0,
        color: Colors.black,
        fontFamily: 'SyneTactile',
      ),
    ),
    onPressed: () {
      Navigator.push(
        context,
        MaterialPageRoute(
            builder: (context) => PositivesPage()),
      );
    },
  ),
  Center(
    child: SizedBox(
      height: 100.0,
      width: 100.0,
      child: IconButton(
        onPressed: () {
          Navigator.push(
            context,
            MaterialPageRoute(
                builder: (context) => BlaencycwmPage()),
          );
        },
        icon: Image.asset('Assets/P4.png'),
      ),
    ),
  ),
  FlatButton(
    child: Text(
```

Process/Workflow

```
          'Blaencycwm Breathing Buddies',
          style: TextStyle(
            fontSize: 15.0,
            fontWeight: FontWeight.bold,
            letterSpacing: 2.0,
            color: Colors.black,
            fontFamily: 'SyneTactile',
          ),
        ),
        onPressed: () {
          Navigator.push(
            context,
            MaterialPageRoute(
                builder: (context) => BlaencycwmPage()),
          );
        },
      ),
      ],
    ),
    ),
    ),
  );
  }
}
```

Indoor Physical

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/HIIT%20P1.dart';
import 'package:i_value_u_revised/Yoga%20P2.dart';
import 'package:i_value_u_revised/Yoga%20P3.dart';

class IndoorPhysicalPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Center(
                child: SizedBox(
                  height: 100.0,
                  width: 100.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => HIITPage()),
                      );
                    },
                    icon: Image.asset('Assets/P1.png'),
                  ),
                ),
```

```
    ),
    FlatButton(
      child: Text(
        'HIIT',
        style: TextStyle(
          fontSize: 15.0,
          fontWeight: FontWeight.bold,
          letterSpacing: 2.0,
          color: Colors.black,
          fontFamily: 'SyneTactile',
        ),
      ),
      onPressed: () {
        Navigator.push(
          context,
          MaterialPageRoute(
            builder: (context) => HIITPage()),
        );
      },
    ),
    Center(
      child: SizedBox(
        height: 100.0,
        width: 100.0,
        child: IconButton(
          onPressed: () {
            Navigator.push(
              context,
              MaterialPageRoute(
                builder: (context) => Yoga2Page()),
            );
          },
          icon: Image.asset('Assets/P2.png'),
        ),
      ),
    ),
    FlatButton(
      child: Text(
        'Yoga',
        style: TextStyle(
          fontSize: 15.0,
          fontWeight: FontWeight.bold,
          letterSpacing: 2.0,
          color: Colors.black,
          fontFamily: 'SyneTactile',
        ),
      ),
      onPressed: () {
        Navigator.push(
          context,
          MaterialPageRoute(
            builder: (context) => Yoga2Page()),
        );
      },
    ),
    Center(
      child: SizedBox(
        height: 100.0,
        width: 100.0,
        child: IconButton(
          onPressed: () {
```

```
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => Yoga3Page()),
                    );
                  },
                  icon: Image.asset('Assets/P3.png'),
                ),
              ),
            ),
            FlatButton(
              child: Text(
                'Yoga',
                style: TextStyle(
                  fontSize: 15.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                  fontFamily: 'SyneTactile',
                ),
              ),
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => Yoga3Page()),
                );
              },
            ),
          ],
        ),
      ),
    ),
  );
 }
}
```

Login

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Register.dart';

class LoginPage extends StatefulWidget {
  static String tag = 'login-page';
  @override
  _LoginPageState createState() => _LoginPageState();
}

class _LoginPageState extends State<LoginPage> {
  @override
  Widget build(BuildContext context) {

    final loginText = Center(
      child: Text(
        'Log In',
        style: TextStyle(
          fontSize: 30.0,
          fontWeight: FontWeight.bold,
          letterSpacing: 2.0,
          color: Colors.black,
```

```
        fontFamily: 'SyneTactile',
      ),
    ),
);

final password = TextFormField(
  keyboardType: TextInputType.visiblePassword,
  autofocus: false,
  obscureText: true,
  decoration: InputDecoration(
    hintText: 'Password',
    contentPadding: EdgeInsets.fromLTRB(20.0, 10.0, 20.0, 10.0),
    border: OutlineInputBorder(borderRadius: BorderRadius.circular(32.0)),
  ),
);

final loginButton = Padding(
  padding: EdgeInsets.symmetric(vertical: 16.0),
  child: RaisedButton(
    textColor: Colors.red[900],
    color: Colors.white,
    shape: Border.all(width: 2.0, color: Colors.red[900]),
    padding: EdgeInsets.all(12),
    onPressed: () {
      //grg
    },
    child: Text(
      "Login",
      style: TextStyle(
        fontSize: 30.0,
        fontWeight: FontWeight.bold,
        letterSpacing: 2.0,
        fontFamily: 'SyneTactile',
      ),
    ),
  ),
);

final noAccount = FlatButton(
  child: Text(
    'No account? Click here to sign up.',
    style: TextStyle(color: Colors.purple, fontSize: 20),
  ),
  onPressed: () {
    Navigator.push
      (
        context,
        MaterialPageRoute(builder: (context)
        {
          return new Register();
        })
    );
  },
);

return Scaffold(
  backgroundColor: Colors.white,
  appBar: AppBar(
    title: Text("Login"),
    centerTitle: true,
    backgroundColor: Colors.black12,
```

Process/Workflow

```
      ),
      body: Center(
        child: ListView(
          shrinkWrap: true,
          padding: EdgeInsets.only(left: 24.0, right: 24.0),
          children: <Widget>[
            loginText,
            password,
            SizedBox(height: 30.0),
            loginButton,
            noAccount,
          ],
        ),
      ),
    );
  }
}
```

Main

```
import 'package:custom_navigator/custom_navigation.dart';
import 'package:flutter/material.dart';

import './Home.dart';
import './Indoor.dart';
import './Outdoor.dart';
import './Photo Diary.dart';
import './More.dart';

void main() => runApp(MyApp());


  class MyApp extends StatefulWidget {
    @override
    State<StatefulWidget> createState() {
      return MyAppState();
    }
  }

  class MyAppState extends State<MyApp> {



    @override
    Widget build(BuildContext context) {
      return MaterialApp(
        title: 'Skipton Girls High School',
        home: CustomScaffold(
          scaffold: Scaffold(
            bottomNavigationBar: BottomNavigationBar(
              type: BottomNavigationBarType.fixed,
              backgroundColor: Colors.white,
              iconSize: 5,
              items: [
                BottomNavigationBarItem(
                  icon: Image.asset('Assets/Maple Leaf.png'),
                  title: Text('SGHS'),
                ),
                BottomNavigationBarItem(
                  icon: Image.asset('Assets/Maple Leaf.png'),
```

```
                title: Text('Indoor'),
              ),
              BottomNavigationBarItem(
                icon: Image.asset('Assets/Maple Leaf.png'),
                title: Text('Outdoor'),
              ),
              BottomNavigationBarItem(
                icon: Image.asset('Assets/Maple Leaf.png'),
                title: Text('Photo Diary'),
              ),
              BottomNavigationBarItem(
                icon: Image.asset('Assets/dots.png'),
                title: Text('More'),
              ),
            ],
          ),
        ),
        children: <Widget>[
          HomePage(),
          IndoorPage(),
          OutdoorPage(),
          PhotoDiaryPage(),
          MorePage(),
        ],
      ),
    );
  }

}
```

Meddwi

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Meddwi%20E1-1.dart';
import 'package:i_value_u_revised/Meddwi%20E1-2.dart';
import 'package:i_value_u_revised/Meddwi%20E1-3.dart';
import 'package:i_value_u_revised/Meddwi%20E1-4.dart';


class MeddwiPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Meddwi iach trwy tapio m."),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
            Center(
              child: SizedBox(
                height: 100.0,
                width: 100.0,
                child: IconButton(
                  onPressed: () {
```

```dart
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => MeddwiE11Page()),
                  );
                },
                icon: Image.asset('Assets/P1.png'),
              ),
            ),
          ),
          FlatButton(
            child: Text(
              'Dilys and Lauren',
              style: TextStyle(
                fontSize: 15.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
                fontFamily: 'SyneTactile',
              ),
            ),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => MeddwiE11Page()),
              );
            },
          ),
          Center(
            child: SizedBox(
              height: 100.0,
              width: 100.0,
              child: IconButton(
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => MeddwiE12Page()),
                  );
                },
                icon: Image.asset('Assets/P1.png'),
              ),
            ),
          ),
          FlatButton(
            child: Text(
              'Megan and Alex',
              style: TextStyle(
                fontSize: 15.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
                fontFamily: 'SyneTactile',
              ),
            ),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => MeddwiE12Page()),
```

```dart
          );
        },
      ),
      Center(
        child: SizedBox(
          height: 100.0,
          width: 100.0,
          child: IconButton(
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => MeddwiE13Page()),
              );
            },
            icon: Image.asset('Assets/P1.png'),
          ),
        ),
      ),
      FlatButton(
        child: Text(
          'Jayden, Iestyn and Deacon',
          style: TextStyle(
            fontSize: 15.0,
            fontWeight: FontWeight.bold,
            letterSpacing: 2.0,
            color: Colors.black,
            fontFamily: 'SyneTactile',
          ),
        ),
        onPressed: () {
          Navigator.push(
            context,
            MaterialPageRoute(
                builder: (context) => MeddwiE13Page()),
          );
        },
      ),
      Center(
        child: SizedBox(
          height: 100.0,
          width: 100.0,
          child: IconButton(
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => MeddwiE14Page()),
              );
            },
            icon: Image.asset('Assets/P1.png'),
          ),
        ),
      ),
      FlatButton(
        child: Text(
          'Cianna and Macy',
          style: TextStyle(
            fontSize: 15.0,
            fontWeight: FontWeight.bold,
            letterSpacing: 2.0,
```

```
                    color: Colors.black,
                    fontFamily: 'SyneTactile',
                  ),
                ),
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => MeddwiE14Page()),
                  );
                },
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class MeddwiE11Page extends StatefulWidget {
  @override
  _MeddwiE11PageState createState() => _MeddwiE11PageState();
}

class _MeddwiE11PageState extends State<MeddwiE11Page> {

  String videoURL = "https://youtu.be/KB6CYtpNNEc";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Dilys and Lauren"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
```

```
            ),
          ),
        ),
      );
    }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class MeddwiE12Page extends StatefulWidget {
  @override
  _MeddwiE12PageState createState() => _MeddwiE12PageState();
}

class _MeddwiE12PageState extends State<MeddwiE12Page> {

  String videoURL = "https://youtu.be/7mn9U6pQ8l4";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Megan and Alex"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class MeddwiE13Page extends StatefulWidget {
  @override
```

```dart
  _MeddwiE13PageState createState() => _MeddwiE13PageState();
}

class _MeddwiE13PageState extends State<MeddwiE13Page> {

  String videoURL = "https://youtu.be/YDxchDv6LI8";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Jayden, Iestyn and Deacon"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class MeddwiE14Page extends StatefulWidget {
  @override
  _MeddwiE14PageState createState() => _MeddwiE14PageState();
}

class _MeddwiE14PageState extends State<MeddwiE14Page> {

  String videoURL = "https://youtu.be/75Zt4H4S9ks";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
```

Process/Workflow

```dart
      initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
  );

  super.initState();
}

@override
Widget build(BuildContext context) {
  return Scaffold(
    appBar: AppBar(
      title: Text("Cianna and Macy"),
      centerTitle: true,
      backgroundColor: Colors.black12,
    ),
    body: Container(
      child: SingleChildScrollView(
        child: Column(
          children: <Widget>[
            YoutubePlayer(
              controller: _controller,
            ),
          ],
        ),
      ),
    ),
  );
}
}
```

Meditation

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class MeditationPage extends StatefulWidget {
  @override
  _MeditationPageState createState() => _MeditationPageState();
}

class _MeditationPageState extends State<MeditationPage> {

  String videoURL = "https://youtu.be/DTfI8M7p4hc";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Meditation Animation"),
```

```
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Text(
                'Meditation Animation. Preserved in the muddy estuaries of
South-east wales are the footprints of cranes; large, raucous wetland birds who
made these trails around 7,000 years ago when the Bristol Channel was a
marshland connecting Wales to Somerset. Cranes became extinct in Wales around
five hundred years ago as a result of habitat loss (the wetlands were drained)
and hunting. In other words, as a result of human action. The cranes in this
short animation were animated in four primary schools – in celebration of the
return of the crane to Wales; a miracle enabled by a combination of science and
community action.  This shows that when we choose to, we can and do make a
positive difference. The soundtrack features cranes and some other amazing
birds that haven't returned, amongst then the White Tailed Eagle, Dalmatian
pelican and Great Northern Diver.  Also the bittern which, like the crane, came
back only more surreptitiously… Do we, as humans, have the sole right to decide
which species survive or disappear?',
                style: TextStyle(
                  fontSize: 10.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                ),
              ),
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

More

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Bibliotherapy%20Menu.dart';
import 'package:i_value_u_revised/OrganisationsMenu.dart';

class MorePage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("More"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Center(
```

```
                    child: RaisedButton(
                      textColor: Colors.black,
                      color: Colors.white,
                      shape: Border.all(width: 2.0, color: Colors.black),
                      padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
147.0),

                      onPressed: () {
                        Navigator.push(
                          context,
                          MaterialPageRoute(
                            builder: (context) => BibliotherapyMenuPage()),
                        );
                      },
                      child: Text(
                        "Bibliotherapy",
                        style: TextStyle(
                          fontSize: 15.0,
                          fontWeight: FontWeight.bold,
                          letterSpacing: 2.0,
                        ),
                      ),
                    ),
                  ),
                Center(
                    child: RaisedButton(
                      textColor: Colors.black,
                      color: Colors.white,
                      shape: Border.all(width: 2.0, color: Colors.black),
                      padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
145.0),

                      onPressed: () {
                        Navigator.push(
                          context,
                          MaterialPageRoute(
                            builder: (context) => OrganisationsMenuPage()),
                        );
                      },
                      child: Text(
                        "Organisations",
                        style: TextStyle(
                          fontSize: 15.0,
                          fontWeight: FontWeight.bold,
                          letterSpacing: 2.0,
                        ),
                      ),
                    ),
                  ),
                Center(
                    child: RaisedButton(
                      textColor: Colors.black,
                      color: Colors.white,
                      shape: Border.all(width: 2.0, color: Colors.black),
                      padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),

                      onPressed: () {
                        //
                      },
                      child: Text(
                        "",
                        style: TextStyle(
                          fontSize: 15.0,
```

```
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
              ),
            ),
          ),
        ),
      Center(
        child: RaisedButton(
          textColor: Colors.black,
          color: Colors.white,
          shape: Border.all(width: 2.0, color: Colors.black),
          padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),

          onPressed: () {
            //
          },
          child: Text(
            "",
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
              letterSpacing: 2.0,
            ),
          ),
        ),
      ),
      Center(
        child: RaisedButton(
          textColor: Colors.black,
          color: Colors.white,
          shape: Border.all(width: 2.0, color: Colors.black),
          padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),

          onPressed: () {
            //
          },
          child: Text(
            "",
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
              letterSpacing: 2.0,
            ),
          ),
        ),
      ),
      Center(
        child: RaisedButton(
          textColor: Colors.black,
          color: Colors.white,
          shape: Border.all(width: 2.0, color: Colors.black),
          padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),

          onPressed: () {
            //
          },
          child: Text(
            "",
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
```

```dart
              letterSpacing: 2.0,
            ),
          ),
        ),
      ),
      Center(
        child: RaisedButton(
          textColor: Colors.black,
          color: Colors.white,
          shape: Border.all(width: 2.0, color: Colors.black),
          padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),

          onPressed: () {
            //
          },
          child: Text(
            "",
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
              letterSpacing: 2.0,
            ),
          ),
        ),
      ),
      Center(
        child: RaisedButton(
          textColor: Colors.black,
          color: Colors.white,
          shape: Border.all(width: 2.0, color: Colors.black),
          padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),

          onPressed: () {
            //
          },
          child: Text(
            "",
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
              letterSpacing: 2.0,
            ),
          ),
        ),
      ),
      Center(
        child: RaisedButton(
          textColor: Colors.black,
          color: Colors.white,
          shape: Border.all(width: 2.0, color: Colors.black),
          padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),

          onPressed: () {
            //
          },
          child: Text(
            "",
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
              letterSpacing: 2.0,
```

Process/Workflow

```
                ),
              ),
            ),
          ),
          Center(
            child: RaisedButton(
              textColor: Colors.black,
              color: Colors.white,
              shape: Border.all(width: 2.0, color: Colors.black),
              padding: EdgeInsets.symmetric(vertical: 15.0, horizontal:
225.0),
              onPressed: () {
                //
              },
              child: Text(
                "",
                style: TextStyle(
                  fontSize: 15.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                ),
              ),
            ),
          ),
        ],
      ),
    ),
  ),
);
  }
}
```

Options Indoor

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Emotional%20Indoor.dart';
import 'package:i_value_u_revised/Physical%20Indoor.dart';

class OptionsIndoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Center(
                child: SizedBox(
                  height: 150.0,
                  width: 150.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
```

```
                              builder: (context) => PhysicalIndoorPage()),
                  );
                },
                icon: Image.asset('Assets/MapleLeafLarge.png'),
              ),
            ),
          ),
        Center(
          child: RaisedButton(
            textColor: Colors.red[900],
            color: Colors.white,
            shape: Border.all(width: 2.0, color: Colors.red[900]),
            padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
80.0),

            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => PhysicalIndoorPage()),
              );
            },
            child: Text(
              "Physical",
              style: TextStyle(
                fontSize: 30.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                fontFamily: 'SyneTactile',
              ),
            ),
          ),
        ),
        Center(
          child: SizedBox(
            height: 150.0,
            width: 150.0,
            child: IconButton(
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => EmotionalIndoorPage()),
                );
              },
              icon: Image.asset('Assets/MapleLeafLarge.png'),
            ),
          ),
        ),
        Center(
          child: RaisedButton(
            textColor: Colors.red[900],
            color: Colors.white,
            shape: Border.all(width: 2.0, color: Colors.red[900]),
            padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
75.0),

            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => EmotionalIndoorPage()),
              );
```

```
                    },
                    child: Text(
                      "Emotional",
                      style: TextStyle(
                        fontSize: 30.0,
                        fontWeight: FontWeight.bold,
                        letterSpacing: 2.0,
                        fontFamily: 'SyneTactile',
                      ),
                    ),
                  ),
                ),
              ],
            ),
          ),
        ),
      );
    }
}
```

Options Outdoor

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Emotional%20Outdoor.dart';
import 'package:i_value_u_revised/Physical%20Outdoor.dart';

class OptionsOutdoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Center(
                child: SizedBox(
                  height: 150.0,
                  width: 150.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => PhysicalOutdoorPage()),
                      );
                    },
                    icon: Image.asset('Assets/MapleLeafLarge.png'),
                  ),
                ),
              ),
              Center(
                child: RaisedButton(
                  textColor: Colors.red[900],
                  color: Colors.white,
                  shape: Border.all(width: 2.0, color: Colors.red[900]),
```

```dart
                    padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
80.0),
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => PhysicalOutdoorPage()),
                      );
                    },
                    child: Text(
                      "Physical",
                      style: TextStyle(
                        fontSize: 30.0,
                        fontWeight: FontWeight.bold,
                        letterSpacing: 2.0,
                        fontFamily: 'SyneTactile',
                      ),
                    ),
                  ),
                ),
                Center(
                  child: SizedBox(
                    height: 150.0,
                    width: 150.0,
                    child: IconButton(
                      onPressed: () {
                        Navigator.push(
                          context,
                          MaterialPageRoute(
                              builder: (context) => EmotionalOutdoorPage()),
                        );
                      },
                      icon: Image.asset('Assets/MapleLeafLarge.png'),
                    ),
                  ),
                ),
                Center(
                  child: RaisedButton(
                    textColor: Colors.red[900],
                    color: Colors.white,
                    shape: Border.all(width: 2.0, color: Colors.red[900]),
                    padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
75.0),
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => EmotionalOutdoorPage()),
                      );
                    },
                    child: Text(
                      "Emotional",
                      style: TextStyle(
                        fontSize: 30.0,
                        fontWeight: FontWeight.bold,
                        letterSpacing: 2.0,
                        fontFamily: 'SyneTactile',
                      ),
                    ),
                  ),
                ),
```

```
        ],
      ),
    ),
  ),
);
  }
}
```

Organisations

```dart
import 'package:flutter/material.dart';

class OrganisationsPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Organisations"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              SizedBox(    //Use of SizedBox
                height: 250,
              ),
              Image.asset('Assets/Logo1.jpg'),
              Image.asset('Assets/Logo2.jpg'),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Organisations.dart';

class OrganisationsMenuPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Center(
                child: SizedBox(
                  height: 300.0,
                  width: 300.0,
                  child: IconButton(
```

```
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => OrganisationsPage()),
                      );
                    },
                    icon: Image.asset('Assets/MapleLeafLarge.png'),
                  ),
                ),
              ),
            Center(
              child: RaisedButton(
                textColor: Colors.red[900],
                color: Colors.white,
                shape: Border.all(width: 2.0, color: Colors.red[900]),
                padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
75.0),

                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => OrganisationsPage()),
                  );
                },
                child: Text(
                  "Organisations",
                  style: TextStyle(
                    fontSize: 30.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    fontFamily: 'SyneTactile',
                  ),
                ),
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

Outdoor

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Options%20Outdoor.dart';

class OutdoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Column(
      children: <Widget>[
        SizedBox(    //Use of SizedBox
          height: 75,
        ),
        Expanded(
          child: Center(
            child: SizedBox(
```

```
            height: 800.0,
            width: 800.0,
            child: IconButton(
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => OptionsOutdoorPage()),
                );
              },
              icon: Image.asset('Assets/MapleLeafLarge.png'),
            ),
          ),
        ),
      ),
      Expanded(
        child: Center(
          child: RaisedButton(
            textColor: Colors.red[900],
            color: Colors.white,
            shape: Border.all(width: 2.0, color: Colors.red[900]),
            padding: EdgeInsets.symmetric(vertical: 20.0, horizontal: 80.0),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => OptionsOutdoorPage()),
              );
            },
            child: Text(
              "Outdoor Activities",
              style: TextStyle(
                fontSize: 30.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                fontFamily: 'SyneTactile',
              ),
            ),
          ),
        ),
      ),
    ],
  );
}
}
```

Outdoor Emotional

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Blaencycwm%202.dart';
import 'package:i_value_u_revised/Deighton.dart';
import 'package:i_value_u_revised/Meditation.dart';
import 'package:i_value_u_revised/Positives%202.dart';

class OutdoorEmotionalPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
```

```dart
            centerTitle: true,
            backgroundColor: Colors.black12,
          ),
          body: Container(
            child: SingleChildScrollView(
              child: Column(
                children: <Widget>[
                Center(
                  child: SizedBox(
                    height: 100.0,
                    width: 100.0,
                    child: IconButton(
                      onPressed: () {
                        Navigator.push(
                          context,
                          MaterialPageRoute(
                              builder: (context) => Positives2Page()),
                        );
                      },
                      icon: Image.asset('Assets/P2.png'),
                    ),
                  ),
                ),
                FlatButton(
                  child: Text(
                    'Picking out the Positives',
                    style: TextStyle(
                      fontSize: 15.0,
                      fontWeight: FontWeight.bold,
                      letterSpacing: 2.0,
                      color: Colors.black,
                      fontFamily: 'SyneTactile',
                    ),
                  ),
                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => Positives2Page()),
                    );
                  },
                ),
                Center(
                  child: SizedBox(
                    height: 100.0,
                    width: 100.0,
                    child: IconButton(
                      onPressed: () {
                        Navigator.push(
                          context,
                          MaterialPageRoute(
                              builder: (context) => DeightonPage()),
                        );
                      },
                      icon: Image.asset('Assets/P3.png'),
                    ),
                  ),
                ),
                FlatButton(
                  child: Text(
                    'Deighton Destress Tool',
```

```
         style: TextStyle(
           fontSize: 15.0,
           fontWeight: FontWeight.bold,
           letterSpacing: 2.0,
           color: Colors.black,
           fontFamily: 'SyneTactile',
         ),
       ),
     onPressed: () {
       Navigator.push(
         context,
         MaterialPageRoute(
             builder: (context) => DeightonPage()),
       );
     },
   ),
   Center(
     child: SizedBox(
       height: 100.0,
       width: 100.0,
       child: IconButton(
         onPressed: () {
           Navigator.push(
             context,
             MaterialPageRoute(
                 builder: (context) => Blaencycwm2Page()),
           );
         },
         icon: Image.asset('Assets/P4.png'),
       ),
     ),
   ),
   FlatButton(
     child: Text(
       'Blaencycwm Breathing Buddies',
       style: TextStyle(
         fontSize: 15.0,
         fontWeight: FontWeight.bold,
         letterSpacing: 2.0,
         color: Colors.black,
         fontFamily: 'SyneTactile',
       ),
     ),
     onPressed: () {
       Navigator.push(
         context,
         MaterialPageRoute(
             builder: (context) => Blaencycwm2Page()),
       );
     },
   ),
   Center(
     child: SizedBox(
       height: 100.0,
       width: 100.0,
       child: IconButton(
         onPressed: () {
           Navigator.push(
             context,
             MaterialPageRoute(
                 builder: (context) => MeditationPage()),
```

Process/Workflow

```
                    );
                },
                icon: Image.asset('Assets/E5.png'),
            ),
        ),
    ),
        FlatButton(
            child: Text(
                'Meditation Animation',
                style: TextStyle(
                    fontSize: 15.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    color: Colors.black,
                    fontFamily: 'SyneTactile',
                ),
            ),
            onPressed: () {
                Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => MeditationPage()),
                );
            },
        ),
        ],
    ),
    ),
    ),
    );
    }
}
```

Outdoor Physical

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Yoga%20P4.dart';

class OutdoorPhysicalPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              SizedBox(    //Use of SizedBox
                height: 200,
              ),
              Center(
                child: SizedBox(
                  height: 100.0,
                  width: 100.0,
                  child: IconButton(
                    onPressed: () {
```

```
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => Yoga4Page()),
                );
              },
              icon: Image.asset('Assets/P4.png'),
            ),
          ),
        ),
        FlatButton(
          child: Text(
            'Yoga',
            style: TextStyle(
              fontSize: 15.0,
              fontWeight: FontWeight.bold,
              letterSpacing: 2.0,
              color: Colors.black,
              fontFamily: 'SyneTactile',
            ),
          ),
          onPressed: () {
            Navigator.push(
              context,
              MaterialPageRoute(
                  builder: (context) => Yoga4Page()),
            );
          },
        ),
        ],
      ),
    ),
  ),
 );
 }
}
```

Photo Diary

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Photo%20Diary%20List.dart';

class PhotoDiaryPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Text(
                'Photo Diary. Use the Photo Diary tool to keep a record of all
the wellbeing activities you have completed.  Tap the + button to begin.',
                style: TextStyle(
                  fontSize: 15.0,
```

```
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                ),
              ),
            Center(
              child: SizedBox(
                height: 300.0,
                width: 300.0,
                child: IconButton(
                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => PhotoDiaryListPage()),
                    );
                  },
                  icon: Image.asset('Assets/MapleLeafLarge.png'),
                ),
              ),
            ),
            Center(
              child: RaisedButton(
                textColor: Colors.red[900],
                color: Colors.white,
                shape: Border.all(width: 2.0, color: Colors.red[900]),
                padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
80.0),

                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => PhotoDiaryListPage()),
                  );
                },
                child: Text(
                  "Photo Diary",
                  style: TextStyle(
                    fontSize: 30.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    fontFamily: 'SyneTactile',
                  ),
                ),
              ),
            ),
          ],
        ),
      ),
    );
  }
}
```

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Add%20New%20Data.dart';

import './Add New Data.dart';

class PhotoDiaryListPage extends StatelessWidget {
```

Process/Workflow

```dart
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Photo Diary"),
        centerTitle: true,
        backgroundColor: Colors.black12,
        actions: <Widget>[
          IconButton(icon: Icon(Icons.add),
              onPressed: () {
                Navigator.push(
                  context,
                  MaterialPageRoute(
                      builder: (context) => AddData()),
                );
              }),
        ],
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[

            ],
          ),
        ),
      ),
    );
  }
}
```

Physical Indoor

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Indoor%20Physical.dart';

class PhysicalIndoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
            Text(
            'Physical Wellbeing. Follow the HITT and Yoga Tutorials created by
the pupils for you to follow and help improve your wellbeing.',
              style: TextStyle(
                fontSize: 15.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
              ),
            ),
            Center(
```

```
            child: SizedBox(
              height: 300.0,
              width: 300.0,
              child: IconButton(
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => IndoorPhysicalPage()),
                  );
                },
                icon: Image.asset('Assets/MapleLeafLarge.png'),
              ),
            ),
          ),
        Center(
          child: RaisedButton(
            textColor: Colors.red[900],
            color: Colors.white,
            shape: Border.all(width: 2.0, color: Colors.red[900]),
            padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
90.0),

            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => IndoorPhysicalPage()),
              );
            },
            child: Text(
              "Indoor Physical",
              style: TextStyle(
                fontSize: 30.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                fontFamily: 'SyneTactile',
              ),
            ),
          ),
        ),
      ),
    ],
  ),
      ),
     ),
    ),
   );
  }
}
```

Physical Outdoor

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Outdoor%20Physical.dart';

class PhysicalOutdoorPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text(""),
        centerTitle: true,
```

```
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Text(
                'Physical Wellbeing. Follow the Yoga Tutorial created by the
pupils for you to follow and help improve your wellbeing.',
                style: TextStyle(
                  fontSize: 15.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  color: Colors.black,
                ),
              ),
              Center(
                child: SizedBox(
                  height: 300.0,
                  width: 300.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => OutdoorPhysicalPage()),
                      );
                    },
                    icon: Image.asset('Assets/MapleLeafLarge.png'),
                  ),
                ),
              ),
              Center(
                child: RaisedButton(
                  textColor: Colors.red[900],
                  color: Colors.white,
                  shape: Border.all(width: 2.0, color: Colors.red[900]),
                  padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
80.0),

                  onPressed: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(
                          builder: (context) => OutdoorPhysicalPage()),
                    );
                  },
                  child: Text(
                    "Outdoor Physical",
                    style: TextStyle(
                      fontSize: 30.0,
                      fontWeight: FontWeight.bold,
                      letterSpacing: 2.0,
                      fontFamily: 'SyneTactile',
                    ),
                  ),
                ),
              ),
            ],
          ),
        ),
      ),
```

```
    );
  }
}
```

Positives

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Positives%20E2-1.dart';
import 'package:i_value_u_revised/Positives%20E2-2.dart';
import 'package:i_value_u_revised/Positives%20E2-3.dart';


class PositivesPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Picking out the Positives"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              Center(
                child: SizedBox(
                  height: 100.0,
                  width: 100.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => PositivesE21Page()),
                      );
                    },
                    icon: Image.asset('Assets/P2.png'),
                  ),
                ),
              ),
              FlatButton(
                child: Text(
                  'Theo and Evie',
                  style: TextStyle(
                    fontSize: 15.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
                    color: Colors.black,
                    fontFamily: 'SyneTactile',
                  ),
                ),
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => PositivesE21Page()),
                  );
                },
              ),
```

```dart
          Center(
            child: SizedBox(
              height: 100.0,
              width: 100.0,
              child: IconButton(
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => PositivesE22Page()),
                  );
                },
                icon: Image.asset('Assets/P2.png'),
              ),
            ),
          ),
          FlatButton(
            child: Text(
              'Jasmine and Maddison',
              style: TextStyle(
                fontSize: 15.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
                fontFamily: 'SyneTactile',
              ),
            ),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => PositivesE22Page()),
              );
            },
          ),
          Center(
            child: SizedBox(
              height: 100.0,
              width: 100.0,
              child: IconButton(
                onPressed: () {
                  Navigator.push(
                    context,
                    MaterialPageRoute(
                        builder: (context) => PositivesE23Page()),
                  );
                },
                icon: Image.asset('Assets/P2.png'),
              ),
            ),
          ),
          FlatButton(
            child: Text(
              'Sophie and Phoebe',
              style: TextStyle(
                fontSize: 15.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                color: Colors.black,
                fontFamily: 'SyneTactile',
              ),
```

```
              ),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => PositivesE23Page()),
              );
            },
          ),
        ],
      ),
    ),
  ),
);
    }
}
```

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Positives%20E2-4.dart';


class Positives2Page extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Picking out the Positives"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              SizedBox(    //Use of SizedBox
                height: 200,
              ),
              Center(
                child: SizedBox(
                  height: 100.0,
                  width: 100.0,
                  child: IconButton(
                    onPressed: () {
                      Navigator.push(
                        context,
                        MaterialPageRoute(
                            builder: (context) => PositivesE24Page()),
                      );
                    },
                    icon: Image.asset('Assets/P2.png'),
                  ),
                ),
              ),
              FlatButton(
                child: Text(
                  'Harry, Calla and Ashton',
                  style: TextStyle(
                    fontSize: 15.0,
                    fontWeight: FontWeight.bold,
                    letterSpacing: 2.0,
```

```
                color: Colors.black,
                fontFamily: 'SyneTactile',
              ),
            ),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => PositivesE24Page()),
              );
            },
          ),
        ],
      ),
     ),
    ),
   );
  }
}
```

```
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class PositivesE21Page extends StatefulWidget {
  @override
  _PositivesE21PageState createState() => _PositivesE21PageState();
}

class _PositivesE21PageState extends State<PositivesE21Page> {

  String videoURL = "https://youtu.be/qxb6EMwq8UQ";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Theo and Evie"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
```

```
          ),
        ],
      ),
    ),
  ),
);
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class PositivesE22Page extends StatefulWidget {
  @override
  _PositivesE22PageState createState() => _PositivesE22PageState();
}

class _PositivesE22PageState extends State<PositivesE22Page> {

  String videoURL = "https://youtu.be/-iLTNl8REIs";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Jasmine and Maddison"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';
```

```dart
class PositivesE23Page extends StatefulWidget {
  @override
  _PositivesE23PageState createState() => _PositivesE23PageState();
}

class _PositivesE23PageState extends State<PositivesE23Page> {

  String videoURL = "https://youtu.be/ZaCtsmuZVA4";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Sophie and Pheobe"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class PositivesE24Page extends StatefulWidget {
  @override
  _PositivesE24PageState createState() => _PositivesE24PageState();
}

class _PositivesE24PageState extends State<PositivesE24Page> {

  String videoURL = "https://youtu.be/xWMDRBVzxYQ";

  YoutubePlayerController _controller;

  @override
  void initState() {
```

```dart
    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Harry, Calla and Ashton"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

Register

```dart
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Login.dart';

class Register extends StatefulWidget {
  static String tag = 'register-page';
  @override
  _RegisterState createState() => _RegisterState();
}

class _RegisterState extends State<Register> {
  @override
  Widget build(BuildContext context) {

    final registerText = Center(
      child: Text(
        'Register',
        style: TextStyle(
          fontSize: 30.0,
          fontWeight: FontWeight.bold,
          letterSpacing: 2.0,
          color: Colors.black,
          fontFamily: 'SyneTactile',
        ),
      ),
    );
```

```dart
  final password = TextFormField(
    keyboardType: TextInputType.visiblePassword,
    autofocus: false,
    obscureText: true,
    decoration: InputDecoration(
      hintText: 'Password',
      contentPadding: EdgeInsets.fromLTRB(20.0, 10.0, 20.0, 10.0),
      border: OutlineInputBorder(borderRadius: BorderRadius.circular(32.0)),
    ),
  );

  final firstName = TextFormField(
    keyboardType: TextInputType.name,
    autofocus: false,
    decoration: InputDecoration(
      hintText: 'First Name',
      contentPadding: EdgeInsets.fromLTRB(20.0, 10.0, 20.0, 10.0),
      border: OutlineInputBorder(borderRadius: BorderRadius.circular(32.0)),
    ),
  );

  final lastName = TextFormField(
    keyboardType: TextInputType.name,
    autofocus: false,
    decoration: InputDecoration(
      hintText: 'Last Name',
      contentPadding: EdgeInsets.fromLTRB(20.0, 10.0, 20.0, 10.0),
      border: OutlineInputBorder(borderRadius: BorderRadius.circular(32.0)),
    ),
  );

  final dob = TextFormField(
    autofocus: false,
    decoration: InputDecoration(
      hintText: 'dd/mm/yyyy',
      contentPadding: EdgeInsets.fromLTRB(20.0, 10.0, 20.0, 10.0),
      border: OutlineInputBorder(borderRadius: BorderRadius.circular(32.0)),
    ),
  );

  final registerButton = Padding(
    padding: EdgeInsets.symmetric(vertical: 16.0),
    child: RaisedButton(
      textColor: Colors.red[900],
      color: Colors.white,
      shape: Border.all(width: 2.0, color: Colors.red[900]),
      padding: EdgeInsets.all(12),
      onPressed: () {
        Navigator.of(context).pushNamed(LoginPage.tag);
      },
      child: Text(
        "Register",
        style: TextStyle(
          fontSize: 30.0,
          fontWeight: FontWeight.bold,
          letterSpacing: 2.0,
          fontFamily: 'SyneTactile',
        ),
      ),
    ),
  );
```

```
    final existingAccount = FlatButton(
      child: Text(
        'Already have an account? Click here to log in.',
        style: TextStyle(color: Colors.purple, fontSize: 15),
      ),
      onPressed: () {
        Navigator.push
          (
          context,
          MaterialPageRoute(builder: (context)
          {
            return new LoginPage();
          })
        );
      },
    );

    return Scaffold(
      backgroundColor: Colors.white,
      appBar: AppBar(
        title: Text("Register"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Center(
        child: ListView(
          shrinkWrap: true,
          padding: EdgeInsets.only(left: 24.0, right: 24.0),
          children: <Widget>[
            registerText,
            password,
            SizedBox(height: 30.0),
            firstName,
            SizedBox(height: 30.0),
            lastName,
            SizedBox(height: 30.0),
            dob,
            SizedBox(height: 30.0),
            registerButton,
            existingAccount,
          ],
        ),
      ),
    );

  }
}
```

Settings

```
import 'package:flutter/material.dart';
import 'package:i_value_u_revised/Register.dart';

class SettingsPage extends StatelessWidget {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Settings"),
```

```
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
    body: Container(
      child: SingleChildScrollView(
        child: Column(
          children: <Widget>[
            SizedBox(    //Use of SizedBox
              height: 75,
            ),
          RaisedButton(
          textColor: Colors.red[900],
            color: Colors.white,
            shape: Border.all(width: 2.0, color: Colors.red[900]),
            padding: EdgeInsets.symmetric(vertical: 20.0, horizontal: 90.0),
            child: Text(
              "Register",
              style: TextStyle(
                fontSize: 30.0,
                fontWeight: FontWeight.bold,
                letterSpacing: 2.0,
                fontFamily: 'SyneTactile',
              ),
            ),
            onPressed: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => Register()),
              );
            },
          ),
            SizedBox(    //Use of SizedBox
              height: 75,
            ),
          RaisedButton(
              textColor: Colors.red[900],
              color: Colors.white,
              shape: Border.all(width: 2.0, color: Colors.red[900]),
              padding: EdgeInsets.symmetric(vertical: 20.0, horizontal:
90.0),
              child: Text(
                "Theme",
                style: TextStyle(
                  fontSize: 30.0,
                  fontWeight: FontWeight.bold,
                  letterSpacing: 2.0,
                  fontFamily: 'SyneTactile',
                ),
              ),
              onPressed: () {
                // Respond to button press
              },
          ),
            SizedBox(    //Use of SizedBox
              height: 75,
            ),
          RaisedButton(
            textColor: Colors.red[900],
            color: Colors.white,
            shape: Border.all(width: 2.0, color: Colors.red[900]),
```

```
                 padding: EdgeInsets.symmetric(vertical: 20.0, horizontal: 90.0),
                 child: Text(
                   "User Language",
                   style: TextStyle(
                     fontSize: 30.0,
                     fontWeight: FontWeight.bold,
                     letterSpacing: 2.0,
                     fontFamily: 'SyneTactile',
                   ),
                 ),
                 onPressed: () {
                   // Respond to button press
                 },
               ),
             ],
           ),
         ),
       ),
     );
   }
}
```

Yoga

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class Yoga2Page extends StatefulWidget {
  @override
  _Yoga2PageState createState() => _Yoga2PageState();
}

class _Yoga2PageState extends State<Yoga2Page> {

  String videoURL = "https://youtu.be/8wwXmG5rvqE";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Yoga"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
```

```
                    YoutubePlayer(
                      controller: _controller,
                    ),
                ],
              ),
            ),
          ),
        ),
      );
    }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class Yoga3Page extends StatefulWidget {
  @override
  _Yoga3PageState createState() => _Yoga3PageState();
}

class _Yoga3PageState extends State<Yoga3Page> {

  String videoURL = "https://youtu.be/OJasZcwsQGU";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Yoga"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```

```dart
import 'package:flutter/material.dart';
import 'package:youtube_player_flutter/youtube_player_flutter.dart';

class Yoga4Page extends StatefulWidget {
  @override
  _Yoga4PageState createState() => _Yoga4PageState();
}

class _Yoga4PageState extends State<Yoga4Page> {

  String videoURL = "https://youtu.be/5M9-ZJDr4p8";

  YoutubePlayerController _controller;

  @override
  void initState() {

    _controller = YoutubePlayerController(
        initialVideoId: YoutubePlayer.convertUrlToId(videoURL)
    );

    super.initState();
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      appBar: AppBar(
        title: Text("Yoga"),
        centerTitle: true,
        backgroundColor: Colors.black12,
      ),
      body: Container(
        child: SingleChildScrollView(
          child: Column(
            children: <Widget>[
              YoutubePlayer(
                controller: _controller,
              ),
            ],
          ),
        ),
      ),
    );
  }
}
```