



Be active

Be happy

Be healthy

Be creative

Be kind

Be positive

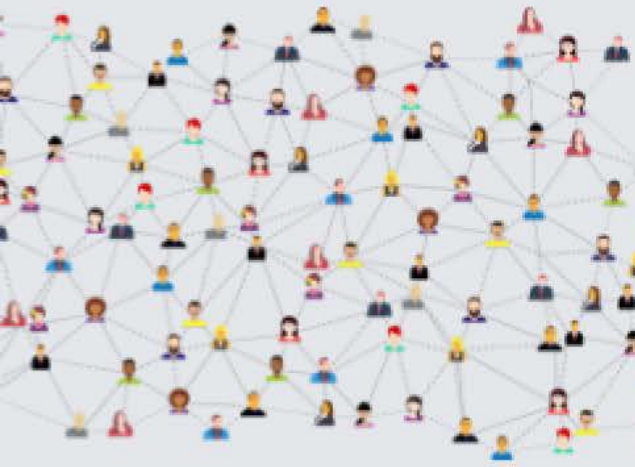
When you can't find the
sunshine be the sunshine!



'TRY TO BE A RAINBOW IN SOMEONE ELSE'S CLOUD' (MAYA ANGELOU)

Write a letter to a friend /
family member?
Help out in the house without
being asked?
or some other random act of
kindness...
#randomactofkindness





STAYING CONNECTED



While we might not be able to connect face to face at the moment, there are lots of ways we can still connect safely with friends, family and professionals.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



STAY CALM AND RELAX

TEDDY BEAR BREATHING



LIE DOWN ON YOUR BACK
PLACE THE TEDDY BEAR ON YOUR
TUMMY
TRY BREATHING IN FOR A FEW
SECONDS, THEN BREATHING OUT FOR
A FEW SECONDS
WATCH YOUR "BREATHING BUDDY" GO
UP AND DOWN WITH EVERY BREATH
PRACTICE 5 TIMES



At some point
this will be over,
until then stay
strong, stay
patient and stay
grateful.

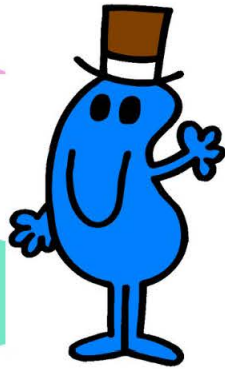
You will get
through this.

MR BUSY & LITTLE MISS BUSY SAY ...

Keep busy by baking...



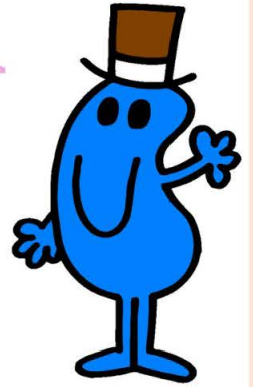
learning...



crafting...



or walking...



You could also try...



dancing...



doing jobs around the house...



or cycling

